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## SPECIAL PULLOUT SECTION:

### UNL Extension in Lancaster County 2006–2007 Annual Report



# “Parents Forever” Class Teaches Parents How to Help Children Through a Divorce

**Maureen Burson**  
UNL Extension Educator

Approximately half of American children will experience a parent’s divorce before the age of 18. In Lancaster County, 1,500 parents experience divorce and/or custody issues annually. How families choose to resolve the conflicts directly impact children’s adjustment to the divorce.

Since 1999, UNL Extension and Saint Elizabeth Regional Medical Center have teamed up to offer monthly Parents Forever/Kids Talk About Divorce classes designed for families experiencing divorce or custody issues. Parents Forever is the only class of its kind offered in Lincoln which offers a class for children at the same location and time.

## Parents Forever

Although participants aren’t eager to participate in court-mandated classes, they have routinely shared how much they appreciate the class.

Sam, a recent participant said, “I’m glad this is a necessary and required class.” Ninety-eight percent of the participants indicate the class is beneficial.

The class includes:

- understanding the developmental stages of children as related to divorce
- identifying the grief cycle through the eyes of a child
- how to support children’s adjustment to separation
- positive communication and parenting styles
- conflict and stress management strategies
- structure for developing a co-parenting plan

Participants have an opportunity to learn from parents in similar situations and learn about available community resources.

After completing a Parents Forever class, one mother said she will not make her child pick sides. She is also committed to not arguing with her former spouse in front of their son.

Kris, a mother of a 9- and 12-year-old, said the most important thing she learned was how children react to divorce, based upon their age.

Mary and Sam, who are currently going through a divorce, participated in the class together. As parents of a 2- and 5-year-old children, they appreciated the excellent resources to help develop their parenting plan together.

## Kids Talk About Divorce

Children ages 6–12 may participate in Kids Talk About Divorce while their parent(s) participate in the Parents Forever class. Here is a sample of what children say they have learned:

- “Divorce is not my fault!”
- “Identifying my feelings can help me cope with anger.”
- “I have a right to love both parents.”
- “Parents really can listen.”

## How to Register

Parents Forever/Kids Talk About Divorce classes are held monthly on Thursday evenings, 5:30–9:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Upcoming dates are:

- Jan. 17
- Feb. 21
- March 20



Illustration by Rachel E., Age 6

## Coalition to Assist Children of Parents Experiencing Divorce

Parents Forever/Kids Talk About Divorce is part of the Lancaster County Coalition to assist Children of Parents Experiencing Divorce (COPED). Organized in 1999, COPED represents agencies who coordinate efforts to provide education and support to families going through divorce. District Court of Lancaster County judges have approved each agency’s educational curriculum which exceed the requirements of the new statewide legislation (see article below). Any parent going through divorce or custody issues in Lancaster County court is mandated to attend a COPED class about the impact of divorce on children. Parents may choose which class to attend and they may attend separately or together.

### For More Information

Go to <http://lancaster.unl.edu/family/divorce.shtml>

Resources include:

- Resources for Divorcing Parents in Lincoln
- Suggested Booklist and Web sites

- April 17
- May 15
- June 26

Parents Forever/Kids Talk About Divorce statewide locations and dates are listed at <http://lancaster.unl.edu/family>

Cost is \$40 per parent, with no charge for children’s participation. To register, call Saint Elizabeth Regional Medical Center at 219-7000 or go to [www.saintelizabethonline.com/calendar.php](http://www.saintelizabethonline.com/calendar.php)

## Nebraska’s New Parenting Act Puts Children at the Center—Not in the Middle—of Divorce

Legislation intended to keep children at the center, rather than put them in the middle of divorcing parents was passed by the Nebraska’s Unicameral on May 30, 2007 and will take effect January 2008. The new parenting act (LB554) directs parents to develop a parenting plan either on their own, through mediation or attorneys. If the parents are unable to agree, the court will create a parenting plan in the best interest of the child.

“This new legislation is designed to ensure the children’s best interest is the highest priority,” says Casey Karges, executive director of The Mediation Center.

Parents involved in custody and parenting time cases are required to attend parenting education classes. In Lancaster

County, district judges mandated court-approved classes several years prior to LB554. Cases involving allegations of domestic abuse or unresolved parental conflict will be referred to a specialized alternative dispute resolution process with mediators trained to deal with high-conflict cases.

The new parenting act is considered to be the first substantive rewrite of Nebraska’s parenting laws in 20 years. Among other things, the new parenting act:

- emphasizes the “best-interests of the child” standard as the standard by which child custody and parenting time issues are resolved;
- recognizes the importance of maintaining parent-child relationships while

at the same time protecting victims of abuse and neglect;

- defines the court-recognized distinction between joint legal and joint physical custody arrangements;
- requires parenting plans to include considerable detail as to what will happen in the life of the child after a divorce; and
- requires parents involved in custody and parenting time cases to attend a parenting education course.

Source: Nebraska Supreme Court, Office of Dispute Resolution Web site: <http://supremecourt.ne.gov/mediation/parenting-divorce.shtml>

See “What is a Parenting Plan for Divorcing Parents?” on page 10.



# Upcoming Pesticide Applicator Trainings

## Private Pesticide Applicator Trainings

Federal and state law states a private pesticide applicator must be certified and licensed to buy, use or supervise the use of a restricted-use pesticide to produce an agricultural commodity on property they own or rent or on an employer's property if the applicator is an employee of a farmer. No pesticide license is needed if the applicator will only be using general-use pesticides.

Applicators whose certification is due to expire on April 15, 2008 will receive a letter from the Nebraska Department of Agriculture (NDA).

There are two certification options for private pesticide applicators: attend a UNL Extension training session or take a self study book and test. If you are re-certifying, bring the notification letter and registration form you received from the NDA.

Extension forwards all application forms to the NDA which then bills private applicators a \$25 license fee. The license is good for three years, expiring on April 15, 2011 for those who certify this spring.

**Private Pesticide Applicator Training Sessions** will be offered at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln:

- Thursday, Jan. 24, 8:30–11:30 a.m.;

- repeated 1:30–4:30 p.m.
- Saturday Feb. 2, 8:30–11:30 a.m.
- Tuesday, Feb. 19, 1:30–4:30 p.m.;

repeated 6:30–9:30 p.m.

A \$30 extension training fee will be collected at the training session (make checks payable to Lancaster County Extension).

**The Self Study Method** of receiving certification can be done at any time throughout the year. A self study book and associated materials may be picked up at the extension office. The applicator can read the chapters, answer the written test questions and bring the book back to the office where the test will be graded. A \$60 fee will be collected when the book is picked up. The application form will be forwarded to the NDA.

## Commercial Pesticide Applicator Training

Commercial applicators are persons who apply restricted-use pesticides for any purpose on any property other than property owned or rented by the applicator or their employer or when they apply for another party for hire or compensation. Note: any person who applies any lawn care or structural pest control pesticides whether these pesticides are restricted-use or general-use, to property of another person must be certified as a commercial applicator.

Public employees (employed by a town, county, state) applying mosquito control pesticides whether restricted-use or general-use, must also hold a commercial or non-commercial certification.

To become licensed initially as a commercial applicator, you must pass a written examination in the general standards category and one or more additional categories. A commercial license is good for three years. Once licensed in a category, the applicator can maintain certification by attending a re-certification training session or by passing a written examination, with a few exceptions explained below.

UNL Extension offers Commercial Initial Certification and Recertification Training Sessions. Call the UNL Pesticide Education office at 472-1632 to register for a session. The training fee for either initial or recertification sessions is \$50. Note: Due to time and space limitations, only specific categories will be presented on training days. Call the UNL Pesticide Education office at 472-1632 or the Lancaster County Extension office at 441-7180 to learn which specific categories will be offered on a given day.

Commercial applicators meeting the requirements for certification or recertification will receive an invoice from the NDA for \$90 for the license fee.

**Initial Commercial Certification** training and testing sessions will

be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. These are scheduled for Tuesday, Feb. 5, Wednesday, Feb. 28 and Thursday, April 17 with general standards starting at 9 a.m. and other categories will begin at 1 p.m. or 3 p.m.

It is highly recommended applicants obtain and review written study materials prior to attending the training session for initial certification. This will greatly improve chances of passing the written examination. Study materials for all commercial categories may be purchased from the UNL Pesticide Education office, 101 Natural Resources Hall on East Campus, 472-1632 or online at <http://pested.unl.edu/pat>

**Commercial Recertification Training Sessions** will be offered Thursday, Feb. 7 and Tuesday, March 18 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The general standards session will start at 9 a.m. and other categories will begin at 1 p.m. or 3 p.m.

*Note: There are no certification training sessions for: Fumigation of Soil, Agricultural Pest Control - Animal, Forest Pest Control, Sewer Root Control with Metam Sodium, Seed Treatment, Regulatory Pest Control (subcategory) and Demonstration/Research Pest Control (subcategory). The only way to certify or recertify in these categories is to pass a written examination. There are self-study materials which will prepare the applicator to take the examinations in these categories.*

## Crop Protection Clinic, Jan. 22

UNL Extension in Lancaster county will host a Crop Protection Clinic on Tuesday, Jan. 22 at the Extension Education Center, 444 Cherrycreek Road in Lincoln with registration starting at 8:15 a.m. and opening comments at 8:45 a.m.

The 2008 Crop Protection Clinics, sponsored by UNL Extension, will address new problems, new products and recommendations for crop pest management in Nebraska. Extension specialists in weed science, plant pathology and entomology will cover the "hot" topics in the crop protection industry and share objective, research-based information to help you better manage inputs and production costs.

### General session topics include:

- Soybean Insect Management
- Corn Disease Update
- Weed Control Tips for Reduced Till Systems
- Alfalfa Insect Management
- Wheat Disease Update
- What's New in Pest Management
- Back to Basics (Pesticide Application Safety)
- Nozzle Tip Selection to Improve Efficacy and to Manage Drift

### Concurrent sessions (pick 2 of 3):

- IPM: As Important Now as Ever
- Fungicides From Label to Harvest (presented twice)
- Preserving Glyphosate: Thoughts on One Decade of Glyphosate-Resistant Crops

Registration begins at 8:15 a.m. and the clinic runs from 9 a.m. to 4:15 p.m. The registration fee is \$40 and includes meals, refreshments and written materials.

The Clinic also meets recertification requirements for **Commercial** and **Non-commercial** applicators in the Ag plant category and its subcategories: research and demonstration and regulatory. Bring your current Commercial pesticide applicator registration card. **Note: The Crop Protection Clinic does NOT satisfy the training requirements to recertify as a PRIVATE applicator** nor does it satisfy the requirements to recertify commercial pesticide applicators in categories not listed above.

Clinic organizers have applied for 4.0 CEU Certified Crop Advisor credits in the pest management competency area.



More than 100 people attended last year's Crop Protection Clinic in Lincoln.

## Computerized Farm Financial Recordkeeping Workshop, Feb. 16

One of the most popular in-depth extension programs, a Computerized Farm Financial Recordkeeping workshop will be offered Saturday, Feb. 16, 9 a.m.–4:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, in Lincoln.

Preregistration with payment is required to hold a spot. Stop in at the extension office to fill out a registration form or call 441-7180 and ask for a brochure with registration form to be mailed to you. Registration will be limited to the first 20 farm operations on a first-come, first-served basis (may have one or two people from the same operation at a computer).

The concepts taught in this workshop are applicable to several inexpensive computerized record keeping software programs, with slight modifications in procedure. This workshop will be taught hands-on using Quicken 2008 Starter™ in the classroom. No prior computerized recordkeeping experience is necessary. However, some prior experience with a hand-kept single entry accounting system (such as the extension blue book) would be useful. At a minimum, participants should have experience with keeping a checkbook ledger, (preferably one that is periodically reconciled with bank statements).

All instruction will be presented in a hands-on teaching style with participants sitting at computers performing the tasks being demonstrated. Participants, therefore,



should have a basic familiarity with using a computer and typing on a computer keyboard, but typing is purposely kept to a minimum in the interest of time.

Participants will receive instruction on:

- Setting up and starting your financial record-keeping system.

- Developing a customized chart of accounts (called categories in Quicken) to track income and expenses.
- Entering transactions into the ledger (single transactions and deposits or checks which should be split between multiple categories).
- Retrieving information from your recordkeeping system in the form of various reports.
- Setting up and making payments on term loans within the record-keeping system.
- Reconciling the ledger with the bank statement.
- Backing up your data and other frequently asked questions.
- Manipulating your farm record data in Excel to create a Cash Flow Plan, a Balance Sheet and an Income Statement.

To save time, much of the instruction on generating reports will be done using sample data files that have been created to represent a typical crop and livestock farming operation. Participants will receive step-by-step written instructions for all tasks being demonstrated. Many folks comment the handouts are one of the best aspects of the training.

The training will also be held on Feb. 6 in Falls City and Feb. 11 in Aurora.



# Year-Round Insect Pests in the Home



Indian meal moth—adult



Indian meal moth—larva



Sawtoothed grain beetle—adult



(Dermestid beetle) Warehouse beetle—adult and larvae



Bed bug—adult

Barb Ogg  
UNL Extension Educator

In Nebraska, most pest infestations are seasonal because of our cold winters. The vast majority of pest problems occur between April and October, when temperatures are warm outdoors and pests are more active.

But, there are some pests that actually live inside our houses and even some that cannot survive very well without us. These are pests that live on food inside our houses or feed on us. Because we keep our houses warm, these insects continue to develop. Here are a few of the most problematic pests.

### Kitchen Pests

**GERMAN COCKROACH.** The German cockroach is the most serious cockroach pest in kitchens because kitchens have everything this cockroach needs to live well. It needs water, food, places to hide during the daytime and warmth. German cockroaches must

drink water or have moist food every two days or so.

Many people believe that only dirty people have cockroaches, but this isn't true. Every kitchen has the potential to harbor a cockroach problem. Several years ago, I was in the home of a very nice older lady who had a bad cockroach problem. She was very neat and tidy—an immaculate housekeeper. The cockroaches were so hungry they were eating the paste off the paper labels of her canned goods. She had a drippy faucet that was contributing to the problem.

Eliminating food and water through good sanitation practices will help reduce cockroach numbers. Reducing clutter will help reduce hiding places. In the last 15 years, the biggest improvement in cockroach control has been the development and use of baits. Some active ingredients in bait products include abamectin, boric acid, dinotefuran, fipronil, hydramethylnon, indoxacarb and imidacloprid. Gel baits work well because they provide a moist food. These gel baits will be even more effective if efforts to reduce moisture and food are made.

### PANTRY PESTS.

There are some insects that feed on the food in our cupboards. Other than canned goods, just about anything in our pantry is fair game. Sometimes pantry pests come into our kitchen with food from the grocery store. They can get into unopened packages.

We only find the infestation

later when we pour cereal in the bowl and find bugs floating in the milk. A few of the more common pests are:

**Indianmeal Moth (IMM).** The worm-like larva fouls food by producing webbing. It feeds on seeds, nuts and all types of processed foods. We have even seen an infestation of IMM in marshmallows. Often the first sign of an IMM infestation is the presence of tiny moths in the kitchen/pantry area.

**Beetles.** There are quite a few species of small beetles that can infest stored products, but the most common are flour beetles, sawtoothed grain beetles, drugstore and cigarette beetles and dermestid beetles.

What is needed to successfully control pantry pests is quite simple but sometimes harder to practice. Find what is infested and throw it away. No insecticides are needed. In fact, if you don't find the infestation, insecticides won't be helpful.

There are pheromone traps available for some of these pests. The Safer® Pantry Pest Trap can be purchased at hardware and discount stores and can be helpful in reducing IMM moth numbers. But, the lure used is the female sex pheromone and only male moths will be caught.

### Human Pests

A couple pests feed on you, me or our pets. The one causing the greatest stir in the structural pest control industry right now is the human bed bug. The human bed bug feeds on blood and humans are its preferred host, although it will feed on cats and dogs if people aren't available. There are also old reports of bed bugs being a problem

in chicken houses.

**BED BUG.** After 40–50 years of nearly being eliminated in the U.S., bed bug infestations started to increase worldwide in 1999. Right now, bed bugs are hard to control with the products currently available. Because they were so seldom encountered, there was no reason for chemical companies to support bed bug research, and research results are now just beginning to emerge.

People acquire bed bug infestations in several ways:

- Travelers can bring them home after staying at an infested hotel or motel.
- Apartment dwellers can get bed bugs from their neighbors because bed bugs easily move between units.
- Acquiring bed bug-infested furniture is another way to get them.
- Having someone stay with you who has stayed in an infested home or apartment
- Moving into a bed bug-infested apartment will get you an instant infestation.

Unfortunately, pesticides available today don't seem to be working very well. It is important to also use non-chemical methods like vacuuming and steam-cleaning infested locations. Purchase a zippered mattress cover to completely cover mattress and foundations to prevent bed bugs from living in the bed. It may be necessary to discard infested furniture.

### FOR MORE INFORMATION

For additional information and control methods about these and other pests, go to <http://lanaster.unl.edu/pest> or call extension at 441-7180.



German Cockroach—adults, nymphs and egg case

## Ultrasonic/Subsonic Devices Not Effective for Pest Control

Various ultrasound and subsonic pest control devices continue to be marketed as safe, effective alternatives to traps and poison. You may see advertisements claiming the devices will safely rid your home of rats, mice, snakes and even fleas and roaches.

### About Ultrasonic Devices

Manufacturers' state the ultra-high frequency sound produced by the devices can only be heard by the pests, and not by other animals or humans. The noise is said to be so irritating, the pests either leave the home or die. It is also claimed the devices only harm pests and will not bother household pets, such as gerbils, hamsters, cats and more.

### Subsonic Devices

These units produce an ultra-low frequency sound or vibration. Manufacturer's of subsonic pest control devices claim they are more effective than the ultrasonic devices.

### Effectiveness

Scientific evidence shows most insects, rodents and other animals hear or sense the same range of frequencies humans do. So if a sound or frequency doesn't bother us or our pets, it also won't bother pests.

Testing has shown sounds emitted by ultrasonic and subsonic devices do not carry very far. About half the energy of the sound or vibration is gone within 15 feet of where the device is placed. There is no sound or vibration left within 30 feet of the device. In addition, objects in front of the device block the signal. Since insect pests and mice hide behind furniture, appliances and in walls, these objects would make the devices useless.

Scientists have concluded ultrasound units do not offer effective or proven rodent or insect pest control. Save your money and your time. For best results with any pest problem, use proven management practices.

Source: Rutgers University

## Beginning Beekeeping 2-Day Workshop



Saturday, March 8, 9 a.m.–5 p.m.  
Lancaster Extension Education Center,  
444 Cherrycreek Road, Lincoln

Saturday, April 12, 10 a.m.–2 p.m.  
Apiculture lab, Agricultural Research and  
Development Center (ARDC), near Mead

### On March 8, you will learn to:

- manage honey bees by understanding their biology and behavior
- identify the best Nebraska honey plants
- locate hives for best survival and production

### On April 12, you will learn to:

- manage honey bee diseases
- install packaged bees
- assemble a hive
- harvest honey and beeswax
- prepare your crop for market

Registration fee: \$20 per family (family to include parents and siblings living at home). Registration includes refreshments, one workbook and one lunch. Lunch for each additional family member is \$10.  
**Please pre-register by calling 441-7180.**

## Got Deer Problems or Pocket Gophers?

UNL Wildlife Experts  
Need Your Help

UNL wildlife experts are looking for landowners who have deer regularly visiting their property during the winter time. They have developed a new deer repellent device they would like to test. It is an audible repellent so it might be necessary to have a significant distance from neighbors.

If you have land with pocket gophers, UNL wildlife specialists would like to speak with you. They need to capture one gopher for a study. If you have had recent activity and would like to help, please contact Stephen Vantassel at 472-8961 or e-mail [svantassel2@unl.edu](mailto:svantassel2@unl.edu). Note: this is not an extermination program—only one or two pocket gophers are needed.



Florist Azalea Plant Care

Mary Jane Frogge  
UNL Extension  
Associate

Florist azaleas are not hardy in southeastern Nebraska and should not be planted outdoors for survival. However, they can be cared for as a regular blooming houseplant.

Make sure the soil does not dry out and the plant does not wilt. Many azalea soil mixes are composed of a high percentage of peat moss which dries quickly, especially when the plant is in full bloom. It may be necessary to water daily. Submerging the pot and allowing the peat-like soil to absorb water, and then draining in the sink may be beneficial.

Once the petals have fallen, keep the plant in a cool, sunny location. Plants may be set outdoors in partial shade for the summer. Fertilize monthly with a houseplant fertilizer. Keep

the soil moist, but not soggy. Keep the plant outdoors as long as possible in the fall, but bring indoors before a heavy frost.

In order for the plants to re-bloom, it is necessary to go through a cool, dormant period. Temperatures between 40 to 50 degrees Fahrenheit are ideal. Warmer temperatures will probably limit flower bud formation. Plants should receive full sun during this period. Continue to water but limit fertilizer. When flower buds start forming, move the plant to a warmer location and increase humidity.



Iowa State University Extension

A Gardener’s New Year’s Resolutions

Have you made your New Year’s resolutions yet? If you are like most people, you have probably resolved to lose a few pounds or exercise a bit more or perhaps even cut back on your spending. But this is a good time to resolve to do your part to help protect the environment.

Here are twelve resolutions for the coming year:

- 1. To put as little as possible into the local landfill by recycling cardboard, cans and compostable materials.
- 2. To start a compost pile for grass clippings, dead leaves, plant residues and other organic matter, including kitchen scraps to be used in the garden as compost and mulch to enrich the soil and improve plant growth.



Composting turns yard “waste” such as grass clippings and dead leaves (left) into compost which can enrich soil (right).

- 3. To use biological controls for pests and disease in the garden, whenever feasible, including planting disease-

resistant varieties and buying organic pesticides.

- 4. To apply pesticides and other horticultural chemicals only as a last resort and to always use them safely and prudently.
- 5. To store all garden chemicals in their original containers, out of reach of children and pets and preferably in a locked storage area.
- 6. To use fertilizers only as needed, according to soil tests and use organic forms, whenever possible.
- 7. To mow properly (often, not too high or low) and leave grass clippings to replenish and recycle organic matter and nutrients back into the soil.



Grass clippings should be less than one inch, or no more than 1/3 of the total plant height, to ensure rapid decomposition.

- 8. To make water conservation a high priority by mulching, using efficient watering methods such as drip irrigation systems and selecting drought-resistant ornamental plants.
- 9. To develop a landscape plan that works with the



Drip irrigation conserves water by reducing evaporation.

environment, for example, ground covers on steep banks to prevent soil erosion and shade trees on the sunny side of a home to act as a natural air conditioner. Landscaping can also help reduce temperature extremes, filter out air pollutants and stop noise.

- 10. To create natural wildlife habitats by planting trees and shrubs that provide food or cover or by leaving brush and undergrowth in certain areas for birds, rabbits and other small animals to use as a protective haven.
- 11. To provide food and water for the birds and to continue to feed them once they have come to depend on you.
- 12. To encourage others, whenever possible, to do all they can to help preserve the environment and our natural resources.

Source: Dr. Leonard Perry, Extension Professor, University of Vermont

Proper Landscape Plant Maintenance

After plants are established in the landscape, maintenance needs can be minimized by following correct maintenance procedures on a timely basis. Following are some suggestions to reduce the time and amount of maintenance necessary in established landscapes.

- 1. Practice preventive maintenance—Be observant of your plants. Watch for disease and insect outbreaks regularly. Pests are much easier to control if they are affecting only a few leaves or one branch. By the time they spread to several plants or an entire shrub border, they will be more difficult to control.

- 2. Use the right tool—Power tools can make short work of many maintenance operations. However, make certain they are the right tools for the job. For example, weed whips or string trimmers quickly mow down weeds and grass around buildings and fences, but should be used with

caution around trees. The force of the trimmer line can cause injury to the bark, leading to girdling, unless the tree is protected from direct contact with the trimmer.

- 3. Irrigate various plant zones separately—Some plants are better adapted to hot, dry conditions than others. If plants of similar growth requirements are grouped together in the landscape, they can be watered as a group. Use the appropriate type of irrigation system for the planting. Overhead sprinklers or pop-up heads on an underground irrigation system may be most appropriate for turf. For shrubs and flower beds, drip irrigation may be the most efficient system.

- 4. Fertilize in moderation—Base your fertilization programs on soil test results. Recycle as many nutrients as possible on-site by leaving clippings on the lawn and applying leaf mulch compost

to planting beds. Over-fertilization leads to excessive growth that needs frequent pruning. Excessive fertilization may also force growth that will be more susceptible to insect and disease attack.

- 5. Prune when appropriate—Take care of pruning needs when the problem first develops. Cut out weak, narrow crotches on branches, crossing branches or competing branches while they are still small in diameter. These problems will not correct themselves and the pruning job becomes more major with each season the task is delayed. Avoid planting trees and shrubs where they will outgrow their designated space without frequent pruning.

Several hours of planning and thought before planting can prevent maintenance headaches for years to come.

Source: Christopher Starbuck, University of Missouri

Garden Guide  
THINGS TO DO THIS MONTH  
By Mary Jane Frogge, UNL Extension Associate

- Avoid heavy traffic on the frozen, dormant lawn. The crown of the plant may be severely damaged or killed.
- Do not wait until late in the winter to order seeds. Many varieties sell out early.
- Add garden record keeping to the list of New Year’s resolutions. Make a note of which varieties of flowers and vegetables do best and which do poorly in your garden.
- Feed the birds regularly and see they have water. Birds like suet, fruit, nuts and bread crumbs as well as birdseed.
- Brush snow from evergreens, as soon as possible, after a storm. Use a broom in an upward, sweeping motion. Serious damage may be caused by heavy snow or ice accumulating on the branches.
- Check young trees and shrubs for rodent or rabbit damage. Prevent injury with fencing or protective collars.
- Use sand instead of salt for icy spots on the sidewalk.
- Review your vegetable garden plans. Perhaps a smaller garden with fewer weeds and insects will give you more produce.
- When reviewing your garden catalogs for new vegetable varieties to try, an important consideration is improved insect and/or disease resistance. Watch also for drought-tolerant types.
- Analyze last year’s planting, fertilizing and spraying records. Make notes to reorder successful varieties, as well as those you wish to try again.
- Check stored fruits and vegetables, such as potatoes and apples, for bad spots which may lead to decay. Remove and use those which show signs of spoiling. Separate others into slotted trays or bins to increase air circulation and reduce decay possibilities.
- To prolong bloom, protect poinsettias from drafts and keep them moderately moist.
- Turn and prune house plants regularly to keep them shapely. Pinch back new growth to promote bushy plants.
- Check all house plants closely for insect infestations. Quarantine gift plants until you determine that they are not harboring any pests.
- Houseplants and holiday gift plants should not be placed on top of the television. This location is too warm and in most homes too far from windows to provide adequate light.
- During the winter most houses are too dry for houseplants. Humidity may be increased by placing plants on trays lined with pebbles and filled with water to within one half inch of the base of the pot.
- Houseplants with large leaves and smooth foliage, such as philodendrons, dracaena and rubber plant benefit if their leaves are washed at intervals to remove dust and grime, helping keep the leaf pores open.
- If you have some time this winter, paint the handles of garden tools red or orange. This will preserve the wood and make the tools easier to locate next summer when you lay them down in the garden or on the lawn.
- Move garden ornaments such as urns or jars into the garage or basement to prevent damage during the cold winter season. If containers are too large to move, cover them to prevent water collecting in them or turn them upside down during the winter so water will not collect and freeze in them causing breakage.

About Soil Testing

UNL Soil and Plant Analytical Laboratory offers a full range of soil test analyses. Sample boxes and forms are available from the extension office (444 Cherrycreek Road, Lincoln) or from the lab (139 Keim Hall, UNL East Campus). A basic test measures pH, phosphorus, potassium and organic matter—cost is \$11. Soil testing kits are also available for purchase at many garden centers. It is a good idea to for new property owners to test their soil to find out what soil amendments may or may not be needed. Late fall or early winter is a good time for soil sampling.





# Attract More Birds by Offering a Variety of Seeds, Feeding Locations

Ron Johnson, Ph.D.  
UNL Wildlife Specialist

Backyards in Nebraska are common feeding sites for at least 15 to 20 species of birds. In addition to the trees, shrubs and flowers that provide basic habitat, adding a bird feeder can bring birds out and close where you can see them. To enjoy observing such great diversity when feeding birds, it is important to offer a variety of food sources in a safe, versatile location.

Bird diets can range from seeds and fruit to insects or nectar. But regardless of these preferences, your feeder will attract more birds if the food is in place before the first cold spell. In fact, when severe weather strikes for several days in a row, supplemental food can increase survival rates, mostly because natural food sources are covered in snow and ice or just not available.

Extreme weather conditions create a need for protection against the wind as well. An ideal location for feeders is an open area sheltered from strong winds and within 10 feet of cover. Not only does this provide protection from the weather but a place for quick escape from predators as well.

It is a good idea to keep feeders a safe distance from windows to help decrease the occurrence of window collisions. Alternatively, placing feeders fairly close to windows can prevent injuries because the birds can see the window or, if they should strike the window when taking off from the feeder, they won't be flying very fast. Birds often see windows as an open flight path when fleeing from feeders.



Soni Cochran, UNL Extension in Lancaster County

Feeders can be bought commercially or made at home. A good feeder should protect the seed from rain and snow, dispense feed gradually to reduce spillage and be easy to clean and fill. Hopper-style feeders are most common, but other types include specialty feeders for thistle seed and counterbalanced perch feeders. Some feeders are designed to sit near ground level, while others can be hung aboveground or mounted.

Remember to keep bird feeders clean and disinfect them on a regular basis. Disease is more likely to spread in areas where a large number of birds congregate. Remove wet food and keep spilled seed and hulls raked to prevent the growth of mold.

There is a wide variety of

seeds to choose from. The most widely preferred seed is small, black oil-type sunflower seeds because they are high in energy and have thin, easy to crack shells. However, white proso millet, finely cracked corn, safflower and unsalted nutmeats also are good options to try.

Regardless of the specific seeds used, all feed needs to be fresh. Oftentimes commercially packaged mixtures are convenient but contain high amounts of filler seed that go to waste. It often is a better option to buy quality seeds that birds will prefer in bulk and mix at home. Fresh bulk seed is most commonly found at stores that specialize in feeding birds.

Grit and suet are two optional supplements that may increase the likelihood of birds visiting a feeder. Grit is used in the gizzard of birds to grind down feed and also serves as a source of calcium. Sand, fine poultry or canary grit, eggshells or crushed limestone can be mixed with the seed or placed on a tray on the ground.

Suet or hard beef fat is available in commercial no-melt packages or directly from the butcher or grocery meat counter. Mixtures made of animal fat mixed with other ingredients like seeds or nutmeats are an excellent source of energy for birds over the winter months. Suet can be fed in onion or orange sacks and in suet feeders on or near trees and wooden posts. Keep suet high and out of the sun to prevent melting.

Overall, it is fun and educational to experiment with different food in various locations to determine what best suits the area and interest level.

# Commercial Vineyards in Nebraska

Paul E. Read  
UNL Professor of Horticulture/Viticulture  
and Stephen Gamet, Research Technologist  
UNL Viticulture Program Department of  
Agronomy and Horticulture

Note: This is first of a series of articles related to commercial vineyards in Nebraska.



In recent years, there has been a tremendous increase in interest in grape production and winery development in Nebraska and the Midwest. This increased interest has led to a need for detailed information requisite to vineyard establishment. For a winery to be successful, it must have a ready source of consistently high-quality fruit available every year. Fortunately for Nebraska growers, there are many locations offering resources of quality soil, water and abundant sunshine. Experience of growers and University research has demonstrated there are many sites suitable for growing grapes of excellent quality that can be made into wines of exceptional quality.

Do your homework! Before embarking upon the potentially-risky venture of growing grapes, garner as much information as you can. Read trade journals and research articles, attend grower workshops and conferences, visit other growers' vineyards and discuss their approaches and take advantage of their experience. Focus your research on Midwest regional resources, ask questions and study some more. Develop a business plan that will give you a road map of where you are going and how you will get there; where do you want to be in five years, in 10 years? Viticulture (the culture of grape growing) is unlike most other types of agriculture, thus it is critical you "do your homework."

In the coming months, we will highlight some of the critical aspects of growing grapes.

# Easy Care Houseplants

Usually when you hear the phrase "easy care houseplant" snake plant, pothos and other plants with low-light requirements come to mind, and with good reason. Light is the factor that most often limits plant growth indoors, particularly in fall and winter when days are short.

But there's another whole category of plants that are easy to care for indoors—not due to their modest light requirements, but because they can sit a long time between waterings with no ill effects. They aren't sensitive to low-relative humidity. These are succulents, which are defined by their specialized moisture-holding tissue allowing them, in nature, to conserve water for days, weeks, months or longer. It's a survival mechanism allowing plants to survive and even thrive in harsh desert-like environments and situations where rainfall may be plentiful one season, then non-existent the rest of the year.

Cacti are perhaps the best known succulents. Their typical globe-like or cylindrical shape allows them a favorable ratio of moisture-holding inner tissue to outer tissue that can lose moisture more readily to sun and drying winds. In nature, opuntias (prickly pears) grow so their flat vertical "pads" are oriented to present the thin side towards the predominantly sunniest exposure.

The ridged or pleated appearance of many cacti allows them to expand and contract, depending on how much moisture they are storing. It also allows for a larger photosynthetic surface, while still enclosing a critical mass of moisture-holding tissue. Even their thorns, barbs and wooly hairs are thought to collect morning dew and protect them from drying.

Though cacti are easy to grow indoors, most require lots of bright light to maintain their original shape. Almost all indoor gardeners have had the experience of buying a healthy, small cylindrical cactus (or receiving one as a gift), only to find the new growth that developed was noticeably slimmer than the original. While hardly the end of the world, it's not terribly attractive.

Cacti are only one group of succulent houseplants Calbeit, a large group. The following list includes several other popular houseplants, all of them succulents with more modest light requirements than most true cacti. Each is definitely easy-to-grow.

- Jade Plant
- Aloe vera
- Ovalleaf Peperomia
- Snake Plant
- Ponytail Palm
- ZZ Plant



Reiger begonia



C. macrocarpa "Goldcrest" cypress

# Begonias

Reiger begonias are popular house plants that flower more or less continually. Their flowers resemble those of wax begonias except in size and variety of color; Reiger begonia flowers are about twice as large and come in shades of red, pink, salmon, orange and yellow. After several months of flowering indoors, they may need their long stems cut back. New growth will emerge soon and flowering begins again in three to four months.

# Indoor Conifers

Very few conifers have been studied for potential use as house plants. For many years, the Norfolk Island pine (*Araucaria heterophylla*) and the Australian bunya-bunya (*A. bidwillii*) have been the only needled evergreens commonly suggested for growing indoors. Several cypresses, however, are proving equally good in home environments. The columnar Italian cypress (*Cypressus sempervirens* 'Stricta') is a graceful, very narrow tree, probably the most narrow and rigidly upright of all conifers. The other, *C. macrocarpa* 'Goldcrest,' a cultivar of the Monterey cypress native to California, is widely grown there and in Europe in coastal gardens as specimens, hedges, windbreaks and topiary. Both these plants are hardy only to about 10 degrees F, so they are grown outdoors only in warm climates.





By Alice Henneman, MS, RD, UNL Extension Educator

Enjoy a hearty cup (or bowl!) of comforting soup with this quick and easy recipe.

Brunswick Stew

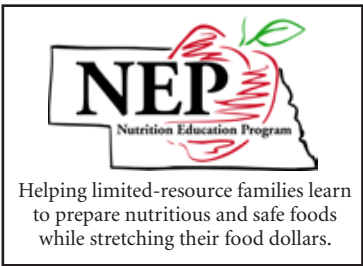
Serving Size: approximately 1 cup for small; 2 cups for large  
Yield: 8 small servings or 4 large main dish servings

- 1 tablespoon vegetable oil
- 1 medium chopped onion
- ½ cup chopped pepper, red, green or a combination (optional)
- 2 cups chicken broth, low sodium
- ½ teaspoon dried leaf thyme
- ¼ teaspoon black pepper
- 2 cups cooked, diced and boned chicken or turkey
- 2 cups tomatoes, canned or cooked
- 2 cups cooked dry beans OR 1 (15.5 ounce) can beans (drained), such as red beans or Great Northern beans, etc.
- 2 cups whole kernel corn, frozen or 1 (15.5 ounce) can corn, canned without salt (drained)
- Salt, to taste (optional)

Heat oil in a large pan. Add onion and cook in oil until tender. Add all remaining ingredients, except salt. Bring to a simmer and cook, covered, for 30 minutes at medium-low. Season to taste with salt, if desired.



Source: This recipe is a slightly adapted version of an adaptation of a recipe from "Healthy Futures," Virginia Cooperative Extension available at Food Stamp Nutrition Connection Recipe Finder at <http://recipefinder.nal.usda.gov/>



Kelly Fisher, RD, LMNT  
UNL Extension Assistant

According to MyPyramid, physical activity is "movement of the body that uses energy." Now you know what physical activity is, let's figure out how YOU can become more physically active. Think about it in terms of the "F.I.T.T. Principle":

- **Frequency:** How often you exercise—MyPyramid tells us to exercise "most days of the week." This means four or more days of the week.
- **Intensity:** How hard you exercise—MyPyramid tells us to exercise at a moderate or vigorous level to achieve maximum health benefits.
- **Time:** How long you spend exercising each workout session—MyPyramid tells us to exercise: 30 minutes for good health, 60 minutes

Get F.I.T.T.!

According to MyPyramid, physical activity is "movement of the body that uses energy."

to prevent weight gain, and 60–90 minutes for weight loss. Children need 60–90 minutes of exercise each day.

- **Type:** The type of exercise you choose for each workout session—MyPyramid tells us there are three main types of physical activity: aerobic activities, resistance/strength building/weight-bearing activities and balance/stretching activities.

- Improves self-esteem and feelings of well-being
- Increases fitness level
- Helps build and maintain bones, muscles and joints
- Builds endurance and muscle strength
- Enhances flexibility and posture
- Helps manage weight
- Lowers risk of heart disease, colon cancer and type 2 diabetes
- Helps control blood pressure

EXAMPLES OF THE THREE TYPES OF EXERCISE

Cardio-respiratory	Strength	Flexibility & Balance
Walking	Lifting Weights	Yoga
Jogging	Carrying a Child	Gentle Stretching
Swimming	Resistance Exercise	Dance

Keep in mind for health benefits, exercise can be done all at one time or divided into small segments throughout the day. Even 10-minutes bouts of activity count toward your total!

Physical activity leads to many benefits:

- Reduces feelings of depression and anxiety
- Make sure you always consult a doctor before beginning a physical activity program.
- Source: <http://www.ode.state.or.us/teachlearn/subjects/pe/curriculum/fittprinciple.pdf>; MyPyramid.gov

Five FUN Ways to Burn Extra Calories

By Alice Henneman, MS, RD  
UNL Extension Educator

It's all too easy to put on the pounds over the holidays by eating too many goodies and getting too little exercise. Here are five fun ways to help burn extra calories and whittle away extra pounds.

Pedometer

A recommended walking goal is to build up to an average of at least 10,000 steps daily. Turn your daily activities, such as shopping and cleaning, into a step-a-thon! Make some extra quick trips up and down the mall and shopping becomes an aerobic activity!

TIP: If you don't like to fuss with programming a pedometer to figure mileage, buy one that only measures steps and is ready-to-go.

Workout Video/DVD

It's like having a personal trainer on call. Consider the fun factor—try something different, such as a dance video. For example, you can buy everything from tap dance to salsa workout videos. Don't worry about following the steps—when you're dancing by yourself, there are no toes



Stability Ball

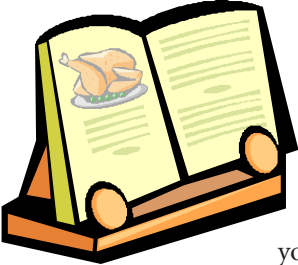
Try sitting on a stability (or balance) ball while you watch your favorite TV show. The continuous adjustment and readjustment your body makes on the ball will help strengthen core muscles. Plus, it's a lot of fun and a great stress reliever to bounce up and down. All the bouncing can burn a few extra calories, too! You might even decide to do some exercises on the ball.

TIP: Check the instructions on the box to purchase the ball size right for your height.

A New Cookbook



You'll burn more calories standing to cook than in activities spent sitting down. According to an interactive tool, "How Many Calories Did You Burn," on WebMD.com, a 140 pound



person might burn 80 calories during a half-hour of cooking. A passive sitting activity, such as watching television from your favorite chair,

burns about 32 calories. While these are estimates, you get the idea. Just 50 extra calories of activity daily—the difference between the two activities, could lead to a weight loss of five pounds a year. An added benefit of this activity is a delicious meal!

TIP: Buy a cookbook that entices you to spend some time in the kitchen—don't feel you have to cook every day. For example, explore some of the cookbooks using just a few ingredients.

MP3 player

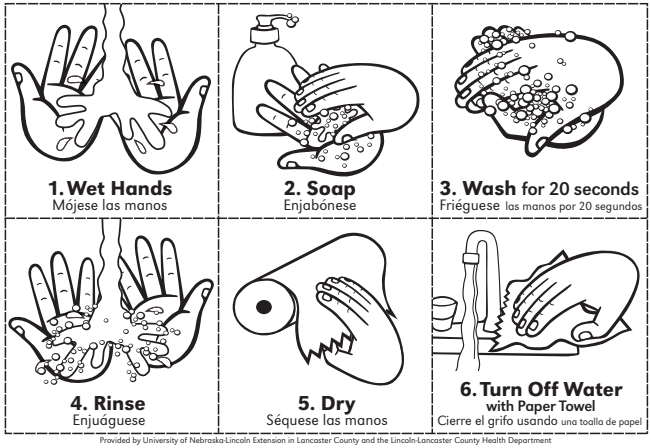


If you've wanted to buy an MP3 player, this is a terrific time to do it. This device is great for enjoying music or recorded books—whether cleaning the house or taking a brisk walk. It might

motivate you to take an extra turn or two around the block or burn calories cleaning an extra room to finish a book chapter or song.

TIP: Check with a salesperson or other knowledgeable source about the amount of memory you'll need with your MP3 player. You want to have the capacity to hold the number of songs, books, etc. for your intended use.

Wash Your Hands! ¡Lávase Las Manos!



New Handwashing Activity Sheet for Young Children

"It has been estimated proper hand-washing could eliminate close to half of all cases of foodborne illness," according to the Centers for Disease Control and Infection.

A study of 305 school children found youngsters who washed their hands 4 times a day had 24 percent fewer sick days due to respiratory illness and 51 percent fewer days due to upset stomach.

Help promote handwashing and better health by telling people about our FREE English/Spanish handwashing poster, developed in cooperation with Lincoln-Lancaster County Health Department. And—just for young children—we've now added an accompanying handwashing activity sheet. Both may be downloaded from the UNL Lancaster County Web site at <http://lanaster.unl.edu/food/wash-your-hands.shtml>





University of Nebraska–Lincoln Extension in Lancaster County



EXTENSION

# 2006–2007 ANNUAL REPORT

444 Cherrycreek Rd., Suite A, Lincoln, NE 68528 • (402) 441-7180 • <http://lancaster.unl.edu>

## Know how. Know **now**.

Land-grant universities work with the people they serve. University of Nebraska–Lincoln teaches, discovers new knowledge through research, and extends this research-based information across the state through extension programs. UNL Extension in Lancaster County develops and delivers educational programs which strengthen individuals, families, businesses and communities.

**Extension is committed to helping Nebraskans know how—and know **now**.**



Computerized Farm Financial Recordkeeping Workshop

## “At Work for Nebraska” in Lancaster County

A study completed this year found the Institute of Agriculture and Natural Resources (IANR) at the University of Nebraska–Lincoln annually returns at least \$15 in benefits to Nebraskans for every dollar of state support, making it “a primary engine for economic and social sustainability.”

The study, by Battelle of Columbus, Ohio, was commissioned to capture the benefits of IANR’s teaching, research and extension work.

As part of IANR, UNL Extension in Lancaster County contributed to a number of examples cited in the study:

- IANR’s Farming with Computer Technology training project teaches ag producers to use computers to increase the productivity of their farm management practices. Locally, the Computerized Farm Financial Recordkeeping is a popular workshop.
- UNL Extension partnered with the Nebraska legal system to develop curriculum to teach more than 2,000 Nebraskans appointed annually



as legal guardians for elderly and disabled people and children in our state who cannot make decisions for themselves. This year, 177 individuals completed Guardianship Training in Lancaster County.

- For every \$1 spent on the Expanded Food and Nutrition Education Program, a potential health care savings of \$2 to \$17 may result from the prevention or delayed onset of nutrition-related chronic diseases and conditions. More than 5,600 adults, youth and seniors participated in the Lancaster County Nutrition Education Program.
- 4-H is a national leader in youth participation, reaching 118,000, or one of every three eligible, Nebraska youth yearly. This past year, 4-H reached more than 18,500 youth in Lancaster County.

The complete report is online at <http://atworkfornebraska.unl.edu>

This annual report illustrates how your local investment has paid dividends to our community.

Gary C. Bergman

Extension Educator & Unit Leader



Guardianship Training



Nutrition Education  
Program School  
Enrichment

## Plant and Pest Diagnostic Services

Throughout the year, Lancaster County residents bring plant samples, insects, pests and wildlife “signs” to UNL Extension in Lancaster County. A free service, extension horticulturists and entomologists identify weeds, diseases and insects in and around the home

and garden, and make recommendations about the best way to help manage these problems.



“I know how to better care for my lawn and garden.”

—Jean Pedersen,  
Master Gardener



“I know how to be a leader in many different situations.”

—Jeff Cassel,  
4-H Teen Council  
member



“I know ways to treat bed bug infestations and how to prevent them.”

—Amy Wagner,  
Lincoln Housing  
Authority



“We know how to live on our rural landscape.”

—Wes and Norma  
Daberkow,  
acreage owners



“I know how to read a nutrition label for my family.”

—Bertha a Gzz,  
Nutrition Education  
Program participant



“I know how to manage soybean diseases such as white mold.”

—Burdette Piening,  
Ag Producer



“I know how to better relate to kids (K–5) in our after-school program.”

—Stephanie Wachter,  
Campbell Family  
Service After School



# Extension Helps You Put Knowledge to Work

UNL Extension in Lancaster County focuses educational efforts in the following program areas.

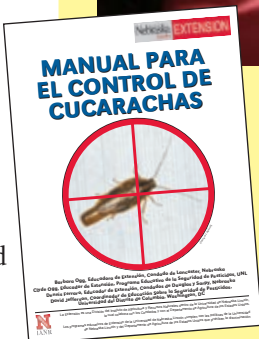
## Pests & Wildlife

UNL Extension in Lancaster County has extensive resources to help identify pests and suggest management options. Emphasis is on low-toxic control methods. Extension Educator Barb Ogg and Extension Associate Soni Cochran assist area residents via phone calls, walk-in requests, e-mail questions, publications, workshops and radio. Extension's pest and wildlife Web site received more than 2.2 million hits last year.

Ogg often partners with community organizations and industry professionals in training and disseminating pest control resources and assistance. For the third year in a row, she organized a two-day Hands-On



UNL Extension's popular Cockroach Control Manual was translated into Spanish this year. Pictured above, Extension Educator Barb Ogg (left) explains pest control with the help of translator Jane Lisenmeyer to a "Saludables Madres" group—a Healthy Homes program organized by the Lincoln-Lancaster County Health Department.



Termite School for Termite Applicators. These are the first such trainings offered in Nebraska—this was the first year attendees could be recertified (in Nebraska and Kansas) for wood-destroying organism pesticide application.

## Home & Family Living

In the past year, Extension Educator Lorene Bartos has disseminated information on home maintenance, indoor air quality, lead paint hazards, safety in the home, shopping smart and recycling through THE NEBLINE, extension's Web site, her weekly column in the "Lincoln Journal Star," group presentations and other outreach methods.



Last year, extension presented two "Strengthening Family Treasures Daughter/Mother Camps." Afterwards, 100% of the daughters said they better understand how to handle "sticky situations."

More than 190 child care providers who care for approximately 1,850 youth participated in child care conferences organized by extension and other Lincoln agencies.

UNL Extension is part of the Lancaster County Coalition to assist Children of Parents Experiencing Divorce (COPED), and co-presents Parents Forever and Kids Talk About Divorce classes. Last year, more than 100 people participated in Parents Forever.

2007 was the second year UNL Extension offered statewide Guardianship Trainings. To date, 361 people have attended trainings in Lincoln.

## Farms & Acreages

UNL Extension continues to make agricultural profitability and sustainability a priority issue. Extension Educator Tom Dorn fulfills this goal through numerous workshops and meetings, educational resources, person-to-person contacts and a Web site. Dorn is extension's statewide contact for grain storage questions.

Some of the agricultural programs presented this year include: Crop Protection Clinic, Private and Commercial Pesticide Applicator Trainings, Computerized Farm Financial Recordkeeping, Nitrogen Management Training and Pesticide Container Collection.

As a result of following UNL fertilizer recommendations, one local farmer saved more than \$57 per acre on one field and

\$68 per acre on another field.

Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues associated with acreages such as proper management of septic tanks and wastewater lagoons, landscape management and alternative crops which can be grown on an acreage.

Last year, seven Acreage Insights Rural Living Clinics were held in Lincoln and had 173 total attendance. An Acreage Owner Expo—with a focus on managing water resources—was held near Mead, drawing 41 attendees. Extension offers an Acreage and Small Farms Insights Web site and monthly e-mail newsletter at <http://acreage.unl.edu>

## Yard & Garden

UNL Extension plays a vital role in teaching communities horticulture issues customized for local weather, water, soil and pest conditions. Extension helps property owners develop healthy, diverse and functional landscapes that are energy and water efficient, as well as less dependant on pesticides.

Extension Educator Don Janssen works with the City of Lincoln to educate the public about reducing yard waste through composting, mulching grass clippings and other yard management practices. The City of Lincoln Recycling Office estimates these educational programs will extend the life of the Bluffs Road landfill by three to five years over the next 25 years.

The Master Gardener Training Program is a volunteer program where people are given training by



Master Gardeners receive training from UNL in exchange for 40 hours of volunteer service.

UNL personnel and then in return, provide 40 hours of volunteer service to extension's educational programs. Extension Associate Mary Jane Frogge coordinates the Master Gardener program for Lancaster County. Last year, 43 Lancaster Master Gardener volunteers logged 1,837 hours and had 8,146 direct clientele contacts.

## Nutrition & Food Safety

To help people learn how to eat healthier, extension blends nutrition, food safety and food preparation information into practical actions individuals can use in their daily lives.

Educational materials developed by Extension Educator Alice Henneman for use in local programs (such as news articles and fact sheets) are made available on the Internet for around-the-clock access, both locally and nationwide. Extension's Food Web site—[lanaster.unl.edu/food](http://lanaster.unl.edu/food)—received more than 3 million hits last year, extending the outreach of our food and nutrition-related programs in a timely and cost-efficient manner. Two e-mail newsletters, "Food Reflections" and "Cook It Quick," have more than 22,200 subscribers combined.

The Lancaster County Nutrition Education Program (NEP) helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars. NEP receives funding from the Expanded Food and Nutrition Education Program (EFNEP) through



Extension Educators Alice Henneman (left) of Lancaster County and Amy Peterson of Polk County developed "The Garden Grocery: Food Selection and Safety at the Farmers' Market" handout materials and PowerPoint. The materials were used locally and made available to others via the Internet.

USDA and the Food Stamp Nutrition Education Program (FSNEP). NEP partners with more than 250 local agencies, classrooms and coalitions.

This past year, Lancaster County NEP staff presented:

- 2,367 teaching contacts to 1,030 adults who care for 3,584 family members.
- 558 presentations to 4,443 youth (247 groups) at 15 schools and other sites.
- 48 programs to 577 older adults at 5 senior sites.

## Biosolids Program

Biosolids are organic solids separated from wastewater and biologically processed during wastewater treatment to make them safe for land application.

UNL Extension in Lancaster County coordinates distribution and application of biosolids to agricultural cropland for the City of Lincoln. Biosolids are an excellent source of organic fertilizer for crops not in the human food chain.

This past year, more than 42,000 tons of biosolids were delivered and/or applied to 49 fields and 2,150 acres of crop land. Since 1992, Lancaster County farmers have applied more than 400,000 tons of dewatered biosolids which will extend the life of the Bluff Road Landfill by more than one year. By using biosolids, one participating farmer increased his wheat yield 30 percent—an economic benefit of \$95 per acre compared with using commercial fertilizers.



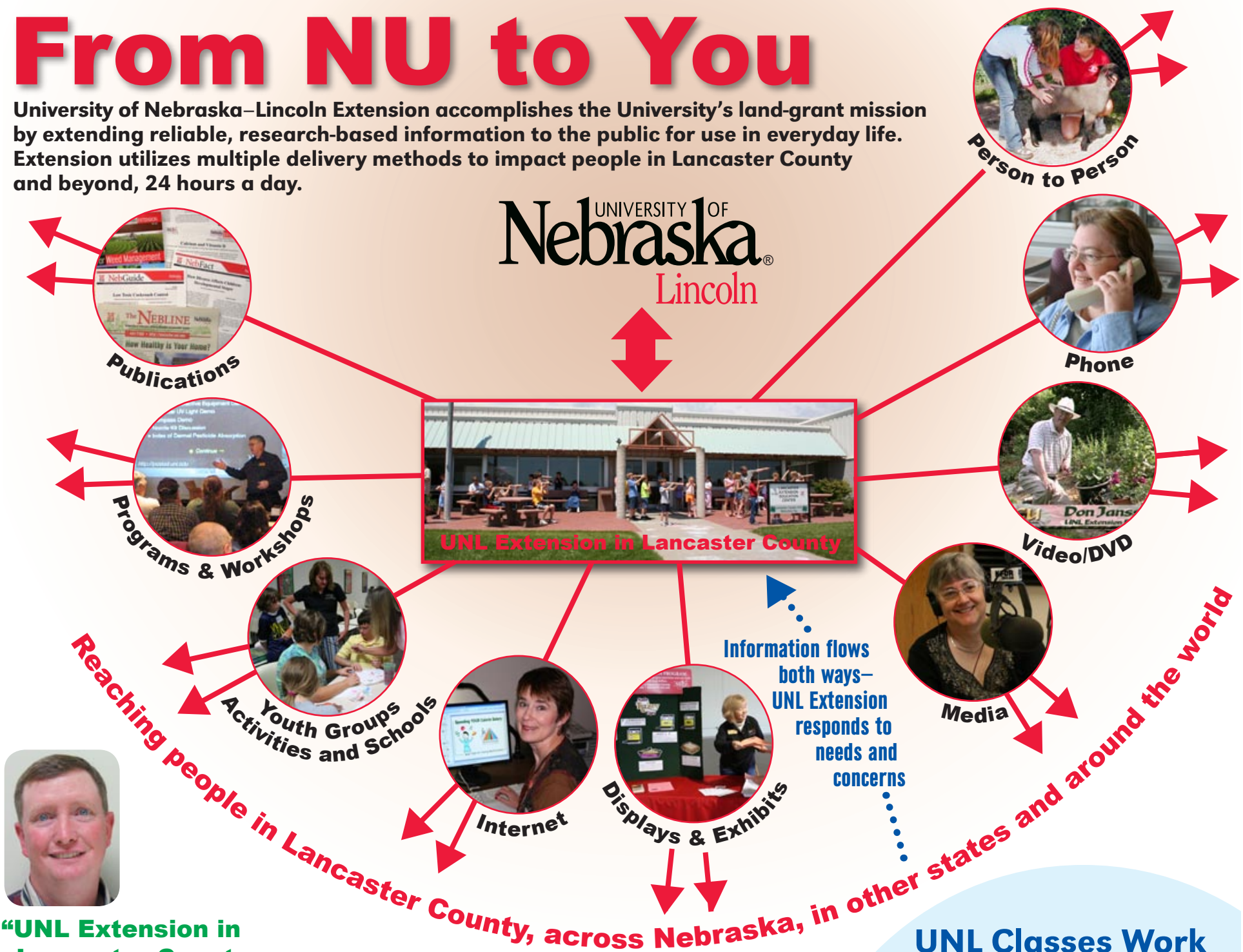
Trucks deliver dewatered biosolids to fields where they will then be applied. Soil samples are taken to determine how many loads to apply per acre.



# From NU to You

University of Nebraska–Lincoln Extension accomplishes the University’s land-grant mission by extending reliable, research-based information to the public for use in everyday life. Extension utilizes multiple delivery methods to impact people in Lancaster County and beyond, 24 hours a day.

UNIVERSITY OF  
**Nebraska**  
Lincoln



**“UNL Extension in Lancaster County is our local gateway to the university’s ‘know how.’”**

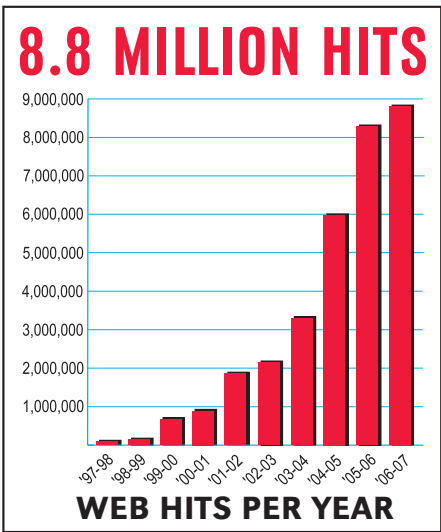
—Dean Lesoing, member of Lancaster County Extension Board

## Web Site is Instant Way to “Know How. Know Now.”

Through search engines and browsing, hundreds of thousands of people access UNL Extension in Lancaster County’s Web site, <http://lancaster.unl.edu>, to find “Know How—Know Now” 24 hours a day, 7 days a week. Visited by an average of 350,000 unique sites\* each month, the Web site received more than 8.8 million hits (accesses) this past year, up again from the previous year!

The Web site contains thousands of pages of content—featuring extensive resources, educational publications, a searchable database, Egg Cam, movie clips, quizzes, Master Gardener Diagnostic Center, outstanding photos and much more. The site is updated daily. Not only do Lancaster County residents, Nebraskans and Americans utilize the site, the site has Web users from nearly 150 countries monthly.

\*unique site = IP address



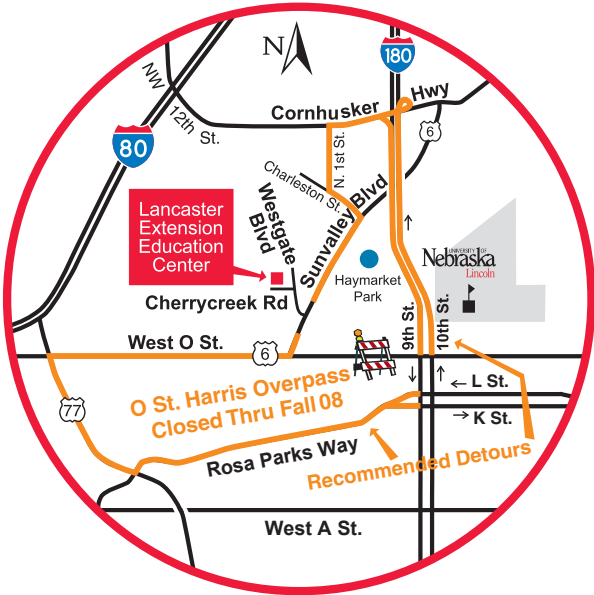
## UNL Classes Work with Panama to Plan Community Center

The Village of Panama had seed money for a community center. Last year, community leaders contacted UNL Extension to facilitate the process of identifying needs and possible solutions. Extension put them in touch with UNL professor N. Brito Mutunayagam, whose planning class worked closely with the community to develop a plan. After several community meetings, the idea evolved into building a combined community center and fire barn. Another professor, Nate Krug (pictured), had his architecture students submit designs for a new building. Throughout the process, UNL Extension Educators Phyllis Schoenholz and Dennis Kahl worked as partners with Panama. The village is currently working to fund the project.



## Lancaster Extension Education Center Conference Facilities

As part of extension’s commitment to community learning, the conference facilities at Lancaster Extension Education Center are made available to other nonprofit and governmental organizations at a nominal cost. Last year, more than **4,300 hours of conferences and meetings** were held at the Education Center.



## Honors, Awards and Accomplishments

**Extension Educator Gary Bergman**—Planning committee, 2007 National Urban Extension Conference; President of the Nebraska Great Plains Resource Conservation and Development; President of the Eastern Nebraska 4-H Center Site Board; 20 years of service with UNL

**Extension Educator Tom Dorn**—statewide Distinguished Educator Award presented by University of Nebraska–Lincoln Extension; Outstanding Service to Members presented by the Nebraska Cooperative Extension Association (NCEA); National Finalist for Excellence in Crop Production Programming presented by the National Association of County Agricultural Agents (NACAA); National Finalist for Excellence in the Use of Communications Media – Feature Story Category presented by NACAA; Past-President and Treasurer of the Nebraska Agribusiness Club; Past-President of Nebraska Chapter of NACAA

**Clerk Typist Karen Evasco**—25 years of service with Lancaster County

**Extension Assistant Kelly Fisher**—initiated as new member of the Honor Society of Agriculture Gamma Sigma Delta

**Extension Educator Alice Henneman**—Partnership Award presented by the Family and Consumer Sciences Teachers of Nebraska

**Extension Educator Don Janssen**—35 years of service with UNL

**Extension Associate Deanna Karmazin**—Honorary Chapter FFA Degree from Norris FFA; 10 years of service with UNL

**Extension Associate Tracy Kulm**—10 years of service with UNL

**Extension Educator Barb Ogg**—Holling Family Senior Faculty Teaching Excellence Award presented by UNL Institute of Agriculture and Natural Resources

**Extension Associate Zainab Rida**—initiated as new member of the Honor Society of Agriculture Gamma Sigma Delta

**Extension Technologist Dave Smith**—10 years of service with UNL

**Extension Assistant Jim Wies**—10 years of service with UNL

**Guardianship Trainings**—Excellence in Team Programming honor presented by University of Nebraska–Lincoln Extension; 1st place region finalist for Community Partnership Team Award presented by Community Partnership; 1st place regional and 2nd place national winner for Educational Curriculum Package presented National Extension Association of Family & Consumer Sciences

**E-mail Horse Course and Trash to Treasure Program for After-School Programs**—accepted for inclusion in the national 2007 Directory of Successful Urban 4-H Programs



# 4-H Reached 18,500 Youth in Lancaster County

The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–19. Emphasis is on teaching practical skills and developing life skills through learning-by-doing. In the past year, 4-H reached **more than 18,500 youth** in Lancaster County.



Lancaster County 4-H consists of several components:

- **Organized Clubs**—Lancaster County has more than 120 4-H clubs which ranged from 5 to 62 members. Each club is led (or co-led) by adults. Youth choose officers to run meetings. Clubs usually participate in one or more projects together.
- **Independent Members**—With increasingly busy schedules, more and more youth are becoming independent 4-H members. Youth work on 4-H projects on their own.
- **Projects**—Youth can choose from more than 150 4-H projects. Project manuals are developed by university extension.
- **School Enrichment**—4-H programs for classrooms include: Garbology (for 2nd grade), Embryology (for 3rd grade), Ag Awareness Festival (for 4th grade), Earth Wellness Festival (for 5th grade) and Nutrition Education Program (for K–5th grades).
- **After-School Programs**—24 Lincoln after-school programs have incorporated 4-H projects into their activities, 9 sites have formed 4-H clubs and 15 summer sites participated in 4-H county fair exploration activities.
- **4-H Embryology Web Site**—EGG Cam and other resources at <http://lancaster.unl.edu/4h/Embryology>
- **Educational Events**—4-H staff organize educational events each year such as Clover College, speech workshops and leader trainings.
- **Leadership Opportunities**—4-H Teen Council, 4-H Council, Citizen Washington Focus group and more.



Many 4-H youth choose to exhibit their project(s) at the county and state fairs. A total 4,448 4-H exhibits were showcased at the 2007 Lancaster County Fair.



Last winter, Lancaster County 4-H developed an e-mail Horse Course with weekly lessons and fun Hippology (study of the horse) Testing Parties. Nearly 150 4-H'ers and family members participated. The course was accepted for inclusion in the national Directory of Successful Urban 4-H programs.



A new workshop offered at this year's Clover College was "Spectacular Spectrometer," presented by UNL Physics Professor Kevin Lee and SEPPO volunteers.



In the 4-H Embryology School Enrichment program, 3rd graders witness the amazing process of chicks hatching in their classrooms.

To discover more about Lancaster County 4-H, go to <http://lancaster.unl.edu/4h>



**"I know how to talk in front of a group, to make friends, to cut fabric and sew, and how to ride horses better."**

—Brooke Bennett, 4-H member

## Volunteers Contribute to Extension's Success

UNL Extension in Lancaster County trains and supports, as well as coordinates the efforts of a variety of volunteers: 4-H leaders and superintendents, Master Gardeners, Family Community Education (FCE) volunteers and Nutrition Education Program (NEP) volunteers. In addition, 4-H and FCE members often volunteer in community-related projects. Last year, extension programs in Lancaster County benefitted from **1,897 volunteers investing 28,572 hours** of time for a total value of \$536,296.\*

\* Independent Sector values volunteer time for 2006 at \$18.77/hour.



In January 2007, Lancaster County extension volunteer Deb Arends (right) received a statewide Outstanding Volunteer Award presented by the Nebraska Association of County Extension Boards (NACEB).



This year, UNL Extension in Lancaster County and the City of Lincoln Recycling office developed a curriculum for 4-H After-school programs, "Trash to Treasure," which helps youth learn about Reduce, Reuse and Recycle. The curriculum was accepted for inclusion in the national Directory of Successful Urban 4-H programs.

## Family & Community Education (FCE) Clubs

The Family and Community Education (FCE) clubs are an educational, social and community-oriented program designed to meet the needs and interests of Nebraska homemakers. FCE members help strengthen communities and families through education, leadership and action. Lancaster County FCE's emphasis is on community service and sponsoring a nursing scholarship.



One of the FCE and community leader training lessons presented last year was "Quick and Easy Salads."



**"The success of Earth Wellness Festival is known statewide and has been noted nationally. Behind every successful event are support staff who make things happen. Lancaster Extension's staff has been instrumental in EWF's success."**

—John Chess, member of Lancaster County Extension Board and Earth Wellness Festival Steering Committee



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

\*Independent Sector values volunteer time at \$18.04/hour.



## FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

### Presidents' Notes—Transition

**Alice Doane**  
*FCE Council Chair 2007*

As I write my last analysis, I think back over the past two years. First I want to say a big THANK YOU to Pam and Lorene for all the help they are to the FCE program in Lancaster County. We are very lucky to have the help from the extension office. Thank you to the former extension clubs for joining the FCE organization when the change was made a few years ago. You are still carrying on the work of the organization and I greatly appreciate it. Good luck, Bonnie, as the new president.



**Bonnie Krueger**  
*FCE Council Chair 2008*

A special thank you to the past officers for all your planning and special programs. As your new FCE president I hope I can fill Alice's shoes. This won't be easy but with the help from all the officers and the FCE clubs we will have a successful year.

The new year for FCE starts out with new officers. Joy Kruse will serve as our secretary and Clarice Stefens will serve another term as treasurer. We are still in need of a vice president.

A little bit about myself. I am from Hickman



where I was born. In 1948, I married a farm boy, Richard Krueger from Roca, we have lived on the same farm for 60 years this May. We have three children, two son-in-laws and four living grand children and one deceased grandchild. I have been a member of Lancaster Extension FCE clubs 47 years. I am a member of Grace Lutheran Church, have served as President of the Hickman and Hallam American Legion Auxiliary Units and 8/40. My hobby is playing the organ. Music fills the Heart and Soul.

I look forward to having a fun and successful 2008 FCE year.

## FCE News & Events

### Upcoming Leader Training Lessons

The following FCE and community lesson leader trainings will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Non-FCE members should call Pam at 441-7180 to register.

"Banding Together for Strength," Jan. 3—  
Extension Educator Lorene Bartos will present "Banding

Together for Strength" on Thursday, Jan. 3, 1 p.m. Learn ways to use an elastic band to strengthen and maintain muscle as one grows older.

"What's New and Nutritious," Jan. 31—  
Extension Educators Alice Henneman and Lorene Bartos will present "What's New and Nutritious" on Thursday, Jan. 31, 1 p.m. Participants will learn about and taste new healthy foods available in the supermarket.

### Council Meeting Jan. 28

The next FCE Council meeting will be Monday, Jan. 28, 1 p.m. at the Lancaster Extension Education Center. Installation of officers and planning for the new year will be the topic of the meeting. Each club should plan to have at least one representative attend. New club presidents are automatic council members.

## FCE 2007 Achievement Night

The Family & Community Education Clubs 2007 Achievement Night was held in October. More than 40 members attended.

Guest speaker was Annette Wiechert who presented "Disasters Happen—How Prepared Are We." More than 125 pounds of canned food and paper products were donated for the annual FCE Food Bank Campaign.



Larisa Titov (left) received this year's FCE \$400 Scholarship. Sharon Brunker (right) is chair of the scholarship committee.

### Membership Awards



Back, L-R: Carleen Schaepe (40); Carmalee Tuma (20); Jean Darr (35); Ann Smith (10). Seated, L-R: Ann Meier (55); Donna DeShon (30); Irene Colborn (50). Not pictured: Joyce Dolezal (40); Lorraine James (35); Lela Wagner (35) and Tausha Dybdal (5).

### Club Incentive Awards Presented to Beltline, Helpful Homemakers and Salt Creek Circle



49'ers have been an organized club for 55 years.



Helpful Homemakers have been an organized club for 50 years.



by Lorene Bartos, UNL Extension Educator

### Make a New Year's Resolution to:

- include all family members in doing household tasks.
- check the house for repairs – make a list and complete a task each month.
- keep the home orderly and organized by putting things back in there place after use.
- start recycling household items if you don't already.
- use energy saving techniques and purchase energy saving appliances.
- have a Happy and Safe New Year.

## Teach Your Children Well

As the most influential teacher in a child's life, parents can help their children by:

- Teaching personal responsibility. Teach children (1) to "do it right" even when their friends/peers do not; (2) to know taking an unpopular position is OK; and (3) to take responsibility for their behavior rather than blaming others.
- Emphasizing the ripple effect/erosion principle. Help children to know what may be

inappropriate behavior. It is likely to be perpetuated.

- Spending time with them. Spend quality time with children. Turn off the TV! All parents are busy today. However, this does not give any parent the permission to overlook their most important task—parenting children. Children deserve more than the things parents can give them. They deserve their parents!

## STRENGTHENING FAMILY TREASURES Daughter/Mother Camp

A retreat designed for 5th grade girls and their mothers  
(or grandmothers or other adult females)

**Friday, Feb. 22, 5 p.m. to  
Saturday, Feb. 23, 5 p.m.**



Give the greatest gift to your daughter—your time! This camp is 2 days and 1 night of fun, educational and confidence-building activities. As middle school approaches, this is an opportunity to:

- Enhance effective communication including expressing emotions
  - Learn more about body image and sexuality
  - Explore techniques to handle peer pressure and stress
  - Discuss the importance of individual family values
- Cost includes meals, snacks and lodging at Carol

Joy Holling Center. Fee is \$100 per pair (4 people per room) or \$135 (2 people per room)—each room has two double beds. Carol Joy Holling is located at the end of Ranch Road off Highway 66 between Interstate 80 and Ashland.

Co-sponsored by UNL Extension, Sheridan Lutheran Church and Camp Carol Joy Holling.

For more information or a registration form, go to <http://lanaster.unl.edu/familiv/GUF.shtml> or call Extension Educator Maureen Burson at 441-7180.



**Clubs of Excellence Forms Due Jan. 2**

The 4-H Club of Excellence application forms are due January 2. Forms are available at the office or online at <http://lancaster.unl.edu/4h/club/clubexc.pdf>—contact Tracy at 441-7180 if you have questions.

**Public Speaking Workshop, Jan. 27**

A public speaking workshop will be held Sunday, Jan. 27, 2 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Veteran 4-H members who competed in national public speaking events will share their expertise with youth and adults. These former 4-H members now judge several public speaking events. This is a great opportunity for 4-H'ers to learn from the experts about the speech contest, presentation contest, horse speeches and demonstrations. Need not be in 4-H to attend workshop. Call 441-7180 by Jan. 23 to RSVP.

**4-H/FFA Beef Weigh-In, Feb. 2**

Lancaster County's 4-H/FFA Beef weigh-in will be held Saturday, Feb. 2, 8–11 a.m. at the Lancaster Event Center in Pavilion 2. All market heifers and steers need to be weighed and tagged. If you have any questions, call Deanna at 441-7180.

**"NEW" Procedure for 4-H Livestock**

It has been officially approved by the state: any market beef, sheep or swine entry having a chance of participating at the Nebraska State Fair or Ak-Sar-Ben Livestock Exposition will need to have a hair sample pulled for DNA tests. All market beef and sheep samples will be pulled at weigh-in times. Any exhibitor wanting samples pulled for market swine will need to call Deanna Karmazin to set up an appointment. The storage fee for these collections are \$6 per head. Please direct any questions or concerns to Deanna at 441-7180.

**Mandatory 4-H Trap Shooting, Jan. 15**

There will be a mandatory meeting for all interested 4-H trap shooters on Tuesday, Jan. 15, 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Interested youth must be at least 12 years old and not older than 18 by January 1, 2008 and have a hunter safety certificate. Bring your shotgun and cleaning supplies. Contact Gene Veburg at 421-1274 if you have questions.

**Lancaster County 4-H Seeks New Council Members**

The 4-H Council is composed of youth and adults working together in the interest of promoting activities of Lancaster County 4-H. Meetings are held the second Tuesday of each month at 7 p.m. at the Lancaster Extension Education Center. Individuals interested in serving on the 4-H Council are encouraged to contact Tracy at 441-7180 for more information and an application. Terms are three years for adults and two years for youth.

**Food Safety PowerPoint**

If you are doing a 4-H food project, you may want to check out the "Cold Pizza for Breakfast MyPyramid Food Safety Tips for Teens & Tweens Who Cook" PowerPoint and handout online at <http://lancaster.unl.edu/food/pizza.shtml>

**Committee Members Needed for New Presentation Contest Committee**

The 4-H Presentation Contest provides 4-H'ers the opportunity to learn to express themselves clearly and convincingly, organize their ideas and present them in logical order, research subjects, have confidence in themselves and emphasize the major points through the use of visuals or examples.

The committee will help determine county contest dates, help provide ideas for workshops and help promote the contest. If interested, please contact Tracy at 441-7180 or [tkulm1@unl.edu](mailto:tkulm1@unl.edu)

**Committee Members Needed for New Life Challenge Committee**

4-H Life Challenge Contests are an opportunity for 4-H members to learn more about family and consumer science, practice public speaking skills, learn about possible careers and have fun.

The committee will help determine county contest dates (junior and senior contests are held separately), help provide ideas for workshops and help promote the contest. If interested, please contact Tracy at 441-7180 or [tkulm1@unl.edu](mailto:tkulm1@unl.edu)

**4-H Resources Available Online**

Do you need resources about conducting a 4-H meeting, club officers, 4-H projects and more? Check out the Lancaster County 4-H Web site <http://lancaster.unl.edu/4h/club>

There are also new fact sheets geared toward volunteers located on the State 4-H Web site at <http://4h.unl.edu/volunteers/infoseries.htm>

**Camp Scholarship Applications Due March 1**

*The following scholarships go towards attending Nebraska 4-H summer camp(s). Applications are due March 1.*

**Windstream 4-H Camp Scholarship**—Thanks to the generosity of Windstream Communications, two Lancaster County 4-H members will receive full scholarships to attend a 4-H summer camp at the Eastern Nebraska 4-H Camp near Gretna! Applicants must be 9 or older and currently enrolled in 4-H. Scholarship is based on need.

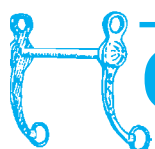
**Joyce Vahle Memorial Scholarship**—\$100 scholarship is awarded to a 4-H'er between the ages of 8–14 to be used towards attending 4-H camp. Applicants should be currently, or have had at some point been, enrolled in at least one sewing project.

**2008 4-H Photography Theme Exhibits**

Nebraska 4-H has announced the themes for the Nebraska Theme Exhibit Print classes for the 2008 County and State Fairs:

UNIT II - Nebraska Theme Exhibit Print—"Celebrating Citizenship." May be taken with digital camera.

UNIT III - Nebraska Theme Exhibit Print—"Go For Gold" (in celebration of the Nebraska 4-H Foundation's 50th Anniversary). May be taken with digital camera.

**HORSE BITS****Horse Judging Team Places 16th Nationally**

The Lancaster County 4-H Horse Judging team (consisting of Hannah Scow, Brooke Preston, Blake Preston and Cara Peters) participated in the All-American Quarter Horse Congress Judging Contest in October at Columbus, Ohio. Blake Preston finished second in the halter competition and eighth overall. The team had an overall placing of 16th. The trip was sponsored in large part by the Nebraska 4-H Foundation and additional support was provided by Lancaster County Horse VIPs, Lancaster County 4-H Council and Norris FFA.

**Horse Stampede Entries Due Jan. 23**

The annual 4-H Horse Stampede will be held Saturday, March 8 at the Animal Science Building on UNL East Campus. The Stampede consists of the 4-H state horse-related competitions: Horse Bowl, Public Speaking, Demonstration and Art Contest. Stampede contestants must be enrolled in a 4-H horse project with the exception of the art contest. Contestants may participate in all contests. Senior division is ages 14–18, junior division is ages 12–13. Teams are to consist of three to five youth. Stampede T-shirts will be available to participating youth. You must pre-order your T-shirt. Cost is \$5. Stampede entry forms along with the T-shirt order are due by Jan. 23 to the UNL Extension in Lancaster County. Forms can be picked up at the office or are online at <http://lancaster.unl.edu/4h/news.htm>—for more information about individual contests, call Marty at 441-7180 or go to <http://www.animalscience.unl.edu/extension/equine/4H/stampede.html>

**Second E-mail Horse Course Underway**

Last winter, Lancaster County 4-H staff member Marty Cruickshank led an Online Horse Study Course for 4-H'ers ages 8–18. Lessons were e-mailed weekly and two fun testing parties with prizes were held. Though the Horse Course restarted in December, it is not too late to join the learning! This year, more information will be layered in, covering how the basic conformation features tend to affect the horse's movement (form to function). E-mail [mcruckshank2@unl.edu](mailto:mcruckshank2@unl.edu) to be added to the e-mail list.

**Level Testing '08 Dates**

Mark your calendars. The 2008 4-H Horsemanship level group testings will be held at the Lancaster Event Center, Pavilion 2 - Warm-up Arena on the following dates:

- Tuesday, April 22, 6:30 p.m.
- Tuesday, May 6, 6:30 p.m.
- Saturday, June 7, 9 a.m.
- Tuesday, June 24, 6:30 p.m.
- Tuesday, July 8, 6:30 p.m.
- Saturday, Sept. 27, 9 a.m.





4-H Teen Council Community Service Project

In October, 4-H Teen Council members made 10 blankets for “Project Linus.” Project Linus is a national, not-for-profit organization whose core mission is to provide new, handmade blankets to children going through difficult situations such as illness, abuse, trauma or neglect. The blankets are distributed to hospitals, abuse shelters, police and fire departments, and social agencies. Hancock Fabrics gave Teen Council a discount on the fabric for the blankets.



Lancaster County 4-H and 4-H Council  
invite 4-H members and their families to

Achievement  
Night

Tuesday, Feb. 12  
6:30 p.m.

University of Nebraska–Lincoln  
Animal Science Complex, East Campus  
39th Street and Fair Street

See the February Nebline for additional details.



2008 4-H Calendar



All events will be held at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln unless otherwise noted.  
Lancaster Event Center is located at 84th & Havelock, Lincoln

January

- 2 All Career Portfolios, Scholarships and Award Nominations Due to Extension
- 8 4-H Council Meeting ..... 7 p.m.
- 10 Rabbit VIPs Committee Meeting, Lancaster Event Center 4-H Office ..... 7 p.m.
- 10 4-H Livestock Superintendent Meeting (beef, dairy, swine, sheep and goats), Lancaster Event Center 4-H Office ..... 7 p.m.
- 13 Teen Council Meeting ..... 3 p.m.
- 14 Horse VIPs Committee Meeting, Lancaster Event Center 4-H Office ..... 7 p.m.
- 15 Trap Shooting Meeting ..... 7 p.m.
- 22 4th & 5th Grade Lock-In Registrations Due to Extension
- 23 Horse Stampede Entries Due to Extension
- 25–26 4th & 5th Grade Lock-In ..... 8 p.m.–8 a.m.
- 27 Public Speaking (Speech & Presentation) Workshop. 2 p.m.

February

- February is Nebraska 4-H Month
- 2 Beef Weigh-In, Lancaster Event Center - Pavilion 2 .8-11 a.m.
  - 5 4-H Council Meeting ..... 7 p.m.
  - 10 Teen Council Meeting ..... 3 p.m.
  - 12 Achievement Night, Animal Science Bldg, UNL East Campus ..... 6:30 p.m.

March

- 1 R.B. Warren 4-H Horse Educational and Grand Island Saddle Club Scholarships Entries Due
- 1 4-H Camp Scholarship Entries Due
- 4 4-H Council Meeting ..... 7 p.m.
- 8 4-H Horse Stampede Animal Science Bldg, UNL East Campus ..... 8 a.m.
- 9 Teen Council Meeting ..... 3 p.m.
- 29 Lancaster County Spring Rabbit Show, Lancaster Event Center Pavilion 3 - Exhibit Hall ..... TBA

April

- 1 4-H Council Meeting ..... 7 p.m.
- 12 Kiwanis Carnival, Elliott Elementary School ..... 7–9 p.m.
- 13 Teen Council Meeting ..... 3 p.m.
- 14 PSA Tapes Due for PSA Contest
- 20 Speech Contest. .... 1 p.m.
- 22 Horse Level Testing, Lancaster Event Center Warm-up Arena ..... 6:30 p.m.

May

- 6 Horse Level Testing, Lancaster Event Center Pavilion 2 - Warm-up Arena ..... 6:30 p.m.
- 6 4-H Council Meeting ..... 7 p.m.
- 9 County Deadline for District/State Horse Show Entries, I.D.'s, Level Tests
- 28 District Speech Contest

June

- 1 County Fair 4-H Horse Identifications Due to Extension
- 3 4-H Council Meeting ..... 7 p.m.
- 7 Horse Level Testing, Lancaster Event Center Pavilion 2 - Warm-up Arena ..... 9 a.m.
- 9–23 Citizenship Washing Focus (CWF) Trip and Conference
- 11–13 District Horse Shows
- 17–19 District Horse Shows
- 17–20 Clover College
- 24 Horse Level Testing, Lancaster Event Center Pavilion 2 - Warm-up Arena ..... 6:30 p.m.

June 30–July 1 PASE/Life Challenge, UNL East Campus

July

- 8 All 4-H/FFA County Fair Animal Entries Due to Extension
- 8 Horse Level Testing, Lancaster Event Center Pavilion 2 - Warm-up Arena ..... 6:30 p.m.
- 13 State 4-H Hippology, Fonner Park, Grand Island
- 14–17 State 4-H Horse Show, Fonner Park, Grand Island
- 23 Horticulture Judging Contest ..... 10 a.m.–12 p.m.
- 30 County Fair 4-H Style Revue Judging, Lancaster Event Center - Pavilion 3, Exhibit Hall

August

- 3 County Fair Horse Show Pre-Fair Brief, Lancaster Event Center, Multi-purpose Arena ..... 2:30 p.m.
- 4 County Fair 4-H Horse Check-In, Lancaster Event Center
- 4 Entry day for County Fair Static Exhibits, Lancaster Event Center - Lincoln Room .... 4–8 p.m.

Aug. 6–10 Lancaster County Fair, Lancaster Event Center

Aug. 22–Sept. 1 Nebraska State Fair, State Fair Park

September

- 2 4-H Council Meeting ..... 7:30 p.m.
- 14 Teen Council Meeting ..... 3 p.m.

25–28 Ak-Sar-Ben 4-H Livestock Exposition, Qwest Center, Omaha

- 27 Horse Level Testing, Lancaster Event Center Pavilion 2 - Warm-up Arena ..... 9 a.m.

October

- 5–11 National 4-H Week
- 7 4-H Horse Awards Night ..... 7 p.m.
- 7 4-H Council Meeting ..... 7 p.m.
- 9 4-H Kick Off. .... 6–7:30 p.m.
- 12 Teen Council Meeting ..... 3 p.m.

November

- 1 Lancaster County Fall Rabbit Clinic. .... 9:30 a.m.
- 4 4-H Council Meeting ..... 7 p.m.
- 9 Teen Council Meeting ..... 3 p.m.

December

- 2 4-H Council Meeting ..... 7 p.m.



EXTENSION NEWS

Dorn Receives Statewide Educator Award



(L-R) UNL Extension Associate Dean Elizabeth A. Birnstihl, Extension Educator Tom Dorn and Program Leader Delynn Hay

In October, University of Nebraska–Lincoln Extension in Lancaster County Extension Educator Tom Dorn received the top Educator award presented statewide by UNL Extension: Distinguished Educator Award.

Dorn has worked for UNL Extension for 27 years, serving as an extension technologist, district irrigation and conservation specialist, and an extension educator in Holt, Fillmore and Lancaster Counties. He has worked in Lancaster County for 10 years, focusing on agricultural profitability and sustainability.

He teams up with Extension colleagues to create and teach educational programs. He coordinates a wide variety of local programs such as Crop Protection Clinics, Private and Commercial Pesticide Applicator Trainings, Nitrogen Management Trainings, Computerized Farm Financial Recordkeeping Workshops and Pesticide Container Collections. He consults individually with many ag producers, answering questions and diagnosing crop and livestock problems. He is extension’s statewide contact for grain storage questions.

Dorn is part of the district-wide Acreage programming team and part of the statewide Water Management and Integrated Crop Management Systems teams. He helped develop a workshop, Ten Easy Ways to Boost Profit \$20 Per Acre, which was presented in several counties in 2005 and 2006.

He has served as President and Treasurer of the Nebraska Agribusiness Club and President, Vice President and Treasurer of the Nebraska Association of County Agricultural Agents (NACAA).

Nebraska Needs 300 Addition Foster Care Homes

Jeff Nelson  
Christian Heritage  
Lincoln, Nebraska

According to a Nebraska Department of Health and Human Services (DHHS) study, Nebraska ranks first in the United States per-capita for the number of children in foster care with 7,133 of which 1,568 live in Lancaster County.

Of all Nebraska cases, 77 percent of all youth’s families have struggled with substance abuse, resulting in the children being removed from their homes and placed in foster care. Nebraska’s methamphetamine abuse is a part of the problem. Attorney General Jon Bruning says, “Our children are our future, but many are broken by drug use and domestic violence in the home. The foster care system is a critical part of keeping children safe in Nebraska.”

To address the need for reform, Nebraska Governor Dave Heineman gave a directive addressed to the DHHS which prioritized some



immediate and specific actions. Heineman has identified as a top priority, the need for more permanent placements for children to avoid repeated transitions in and out of homes.

“DHHS should recruit and support 300 additional foster homes to meet the needs of children,” says Carolyn K. Stitt, executive director of the Nebraska State Foster Care Review.

Currently, one quarter of young children were in foster placements caring for four or more other children. In addition, the State Foster Care review board states “few things affect children as profoundly as who provides their care and where they live.” Stability of caregivers is crucial for children who have already experi-

enced the trauma of being removed from the parental home. Currently, the lack of appropriate placements results in many children being placed where beds are available, rather than where their needs can best be met.”

Christian Heritage will launch a recruitment campaign called “Homes for Champions” which encour-

ages families to open their homes to children in need. Ron Brown, campaign spokesperson and former foster child, was nurtured by a supportive family who created a positive change in his life.

The “Homes for Champions” 2008 goal is to find 240 families who will become foster parents.

For additional information about statewide foster care, go to visit <http://www.answers4families.org/foster> or call the Nebraska Department of Health and Human Services at 1-800-7PARENT (1-800-772-7368). Learn how to become a foster parent with Christian Heritage by visiting the Web site at [www.chne.org](http://www.chne.org) or call, 421-kids (421-5437), for more information.

Divorce: How Parents Can Help

Studies have shown divorce affects children’s social and emotional development, as well as their school performance. Parents are challenged to meet their own emotional needs, as well as their children’s. With knowledge and support, parents can meet these needs so their families can successfully move forward.

Be Aware

- Children need extra attention.
- Children may behave as they did when they were younger.
- Children grieve the loss of the family as they knew it.
- Children need to have contact with both parents (visits, calls, letters).
- Children may become fearful about losing the parent with whom they live.
- Children respond based on their age and abilities.
- Children may have learning and behavior problems at school.
- Parents need extra support. (Find healthy ways to take care of yourself.)
- Families often find counseling helpful.

Do

- Explain the divorce to the children.
- Tell children the divorce is not their fault.
- Reassure children both parents still love them.
- Give your children permission to ask questions.
- Tell children it’s okay to love “the other parent.”
- Give children permission to feel whatever they need to feel.

- Encourage children to express their feelings in ways that don’t hurt themselves or others.
- Reassure children that they will always be cared for.
- Explain to children what they can expect (Court, living arrangements, visitation.)
- Provide familiar surroundings and routines for your children.
- Continue to try to set consistent limits on your children’s behavior.
- Give children responsibilities they can do successfully.
- Find someone to talk to other than your children (friend or counselor).
- Use the legal system if you are concerned about your children’s safety with the other parent.
- Let school know what’s happening.
- Give extra time to your children.
- Give extra hugs.
- Say “I love you” often.
- Listen to your children.

Don’t

- Don’t pretend the separation/divorce has no effect on children.
- Don’t use your children as your emotional support.
- Don’t ask children to deliver messages to the other parent.
- Don’t ask your children questions about your former partner’s personal life.
- Don’t “put down” your former partner in front of your children.
- Don’t make your children responsible for deciding

- living arrangements. This is an adult decision.
- Don’t make visitation depend on child support payments.
- Don’t tell children that child support payments are a measure of their parent’s love for them.
- Don’t try to control or set conditions on what the other parent does during visitation (except for safety issues).
- Don’t take visitation time away from your children because you are upset with your former partner.
- Don’t involve children in the property settlement.
- Don’t attempt to buy your children’s affection.
- Don’t share adult concerns (i.e. money, sexual issues) with children.
- Don’t expect children to fill the absent parent’s shoes.
- Don’t ask children to choose “sides.”

Source: Lincoln Public Schools, Lincoln Nebraska

What is a Parenting Plan for Divorcing Parents?

See “Nebraska’s New Parenting Act Puts Children at the Center—Not the Middle—of Divorce” on page 1.

The purpose of a parenting plan is to help families adjust to the changes experienced with divorce by considering the needs of all members, specifically the physical and emotional needs of children. It is based on the belief it is in the best interest of the children to have as full of relationship as possible with both parents.

The parenting plan is an agreement between both parents defining authority and responsibility of each parent and reduces the children’s exposure to harmful parental conflict. Financial issues, such as child support, are not included in the parenting plan.

- Parenting plans include:
- a plan for both parents to continue to be involved with the children’s activities including school, sports and other interests;

- an agreement about which parent will have physical custody of the children and a plan for parenting time by the other parent;
- a plan for how major decisions will be made regarding the children’s education, health care and religion;
- an agreement on a schedule for holidays, special occasions, vacations and unique situations; and
- a plan to reduce harmful parental conflict, including a way to modify the agreement when necessary to adjust to the changing needs of the children and parents.

Adapted from: Nebraska Supreme Court  
Web site: <http://supremecourt.ne.gov/mediation/publications/parenting-plan.shtml?sub7>

FOR MORE INFORMATION

For more detailed information about developing a parenting plan, refer to “We Agree” by the University of Minnesota Extension at [www.parentsforever.umn.edu/weAgree/index.html](http://www.parentsforever.umn.edu/weAgree/index.html)

FOR MORE INFORMATION

The following UNL Extension publications are available online at [www.ianrpubs.unl.edu](http://www.ianrpubs.unl.edu) or at the extension office.

- Divorce Through the Eyes of Adolescents (NF566)
- Supporting Children of Divorce: Guidelines for Caregivers (NF549)
- How Divorce Affects Children: Developmental Stages (NF548)
- Parenting from a Distance (NF567)
- Successful Transitions for High Conflict Families (NF550)



# EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

## January

- 2 All 4-H Career Portfolios, Scholarships and Award Nominations Due to Extension
- 3 Family & Community Education (FCE) & Community Leader Training Lesson: "Banding Together for Strength" . . . . .1 p.m.
- 8 4-H Council Meeting . . . . .7 p.m.
- 10 4-H Rabbit VIPS Committee Meeting, Lancaster Event Center 4-H Office . . . . .7 p.m.
- 10 4-H Livestock Superintendent Meeting (beef, dairy, swine, sheep and goats), Lancaster Event Center 4-H Office. . . . .7 p.m.
- 11 Extension Board Meeting . . . . .8 a.m.
- 13 4-H Teen Council Meeting . . . . .3 p.m.
- 14 4-H Horse VIPS Committee Meeting, Lancaster Event Center 4-H Office. . . . .7 p.m.
- 15 4-H Trap Shooting Meeting . . . . .7 p.m.
- 22 Crop Protection Clinic . . . . .8:15 a.m.–4:15 p.m.
- 22 4th & 5th Grade 4-H Lock-In Registrations Due to Extension
- 23 4-H Horse Stampede Entries Due to Extension
- 24 Private Pesticide Applicator Training Session . . . . . 8:30–11:30 a.m. and 1:30–4:30 p.m.
- 25–26 4th & 5th Grade 4-H Lock-In . . . . . 8 p.m.–8 a.m.
- 27 4-H Public Speaking (Speech & Presentation) Workshop . . . . .2 p.m.
- 31 Family & Community Education (FCE) & Community Leader Training Lesson: "What's New and Nutritious". . . . .1 p.m.

## Equestrian Academy, Jan. 22–Feb. 26

University of Nebraska and Purina Mills will present "Equestrian Academy - Equine 105," a series of classes held every Tuesday night Jan. 22 through Feb. 26 from 7–9 p.m. at Chase Hall on UNL East Campus, Lincoln. The classes are an educational opportunity in equine science for the professional or amateur horse person.

The course includes: preventative equine management, movement and conformation—how the two effect each other; horse chiropractic; understanding how the hoof functions; managing hooves for long term soundness; horse judging trends and fads; drills for quality horsemanship hands and seats; trailer loading; careers in the horse industry; and the inner workings of the digestive system—feeding plans to optimize your horse's performance.

Pre-registration cost is \$60 per participant or \$15 a session. Registration forms are available from your local Purina dealer and your local extension office. For more information please call Dr. Kathy Anderson at 472-6414 or Fran Minnaert 650-6150.

## Horsin' Around, Feb. 9–10

The 15th Annual Horsin' Around will be held Feb. 9–10, 9 a.m.–4:30 p.m. in the RB Warren Arena, UNL Animal Science building. Pre-registration will begin Jan. 2. Clinicians this year include Bill and Tina Kaven who have been one of the most successful training teams in the western pleasure industry. Tina is the highest money earning open western-pleasure-division woman trainer in the NSBA. Both are highly respected AQHA and NSBA judges. Video taping is allowed.

Saturday's schedule includes evaluating a western pleasure prospect, starting a prospect and colt basics. An Extreme Make Over (Horse and Rider Edition — The Before) by Tom Kirshenbaum will be featured in the afternoon.

Sunday's schedule includes starting your prospect-day 2, taking your prospect to the next level-intermediate horse calisthenics, Horse Quest and eXtension, Extreme Make Over (Horse and Rider Edition — The After) and fine tuning the seasoned horse using advanced calisthenics and show strategies.

Pre-registration cost for adults is \$25 for both days or \$15/day; youth is \$15 for both days or \$10/day. Cost at the door for adults is \$35 both days or \$20/day; youth is \$25 for both days or \$15/day. For more information and registration forms contact Kathy Anderson at 472-6414 or go to <http://animalscience.unl.edu/extension/equine/producer/horsinaround.html>

# Your 4-H Talent Can Lead to an Exciting Career!



Nutrition Scientist



Early Childhood Educator



Apparel Designer

The College of Education and Human Sciences offers 56 degree programs which can lead you to an exciting career!



For more information,  
call (800) 742-8800, ext. 0695  
or go to <http://cehs.unl.edu>



# EXTENSION

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

## University of Nebraska-Lincoln Extension in Lancaster County

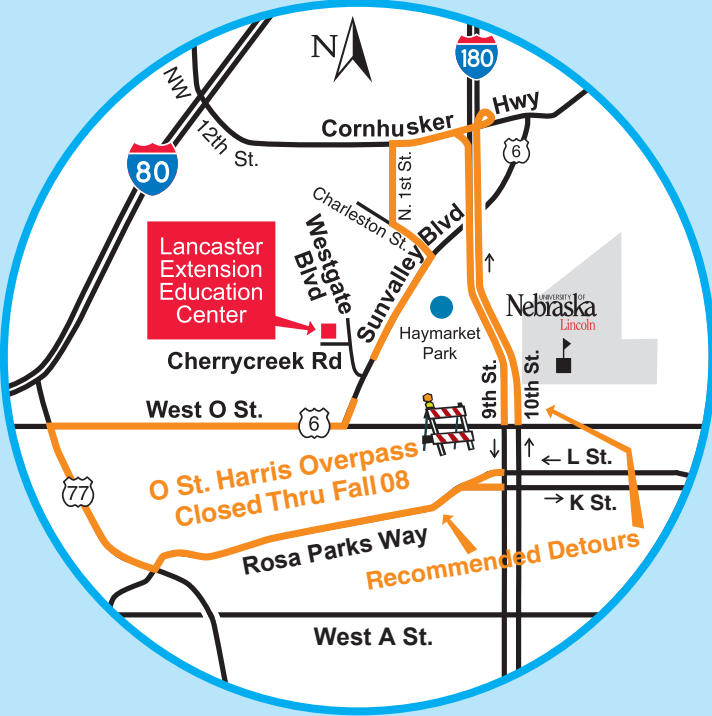
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<http://lancaster.unl.edu>

E-mail: [lancaster@unl.edu](mailto:lancaster@unl.edu) • Fax: 441-7148

Lancaster Extension Education Center  
Conference Facilities  
444 Cherrycreek Road, Lincoln



UNL Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture. We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 441-7180.

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# THE NEBLINE

THE NEBLINE is published monthly (except December) and mailed to more than 11,000 households in Lancaster County.

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# Lincoln Safari Encourages Families to Play Outside

Get off the couch and join the fun ... the Lincoln Safari has begun!

Lack of outdoor play has been linked to increased childhood obesity, attention disorder and depression, according to Richard Louv, author of *Last Child in the Woods*. Electronic media can consume as much as 44 hours a week for some youth.

For these reasons, Lincoln Children's Zoo and Healthy Families Play Outside Coalition is sponsoring a Lincoln Safari to help families and children experience the wonders of nature firsthand. "The Lincoln Safari is a great way to engage your family or group in local natural areas in and around Lincoln all year long," says Brook Levey, UNL Extension Educator, Nebraska 4-H.

Visit the Web site at [www.LincolnSafari.com](http://www.LincolnSafari.com) to fill out a registration form. You'll receive an e-mail response with a participant's number, take this form to any public library, the zoo or Pioneers Park Nature Center and pick up your FREE safari kit. Your kit will contain a map, a guidebook, a small box of crayons, a set of "calling cards" and a pencil. You're ready to play outside!!



There are 35 safari sites in Lincoln parks and outside spaces. Many are accessible by bus, some are on the hiker/biker trails and others are located in off-the-beaten-path sites. Each site is identified by a symbol on the map and in the guidebook.

Safari sites are divided into seasons and you are encouraged to visit each site in its specified

season. All of the posts are outside and you are invited to explore the area around the post. The challenge is to visit all 35 sites throughout the year and collect rubbings of each of the embossed plaques in your guidebook. Each group or family that achieves this goal will be entered into a Grand Prize drawing.

Healthy Families Play Outside partnership includes the Lincoln Children's Zoo, UNL Extension, Nebraska Game and Parks Commission, The Groundwater Foundation, Nebraska Statewide Arboretum, Lower Platte South Natural Resources District, Dimensions Educational Foundation and Pioneers Park Nature Center.

## Author Louv at Lied Feb. 19

Journalist and child advocacy expert Richard Louv, author of the groundbreaking *Last Child in the Woods*, will speak Tuesday, Feb. 19, 7 p.m. at the Lied Center in Lincoln. In a FREE public lecture, Louv will look at research on child development, attention disorders, depression and obesity; and offer suggestions on providing opportunities, places and priorities for outdoor play. The event is designed for parents, educators, environmentalists, counselors, community planners and policy makers. Advanced reservations are required for the free tickets. For tickets, go to <http://liedcenter.org> or call 472-4747. Sponsored by the Healthy Families Play Outside network.



Families and groups who visit all 35 safari sites in Lincoln will be entered into a Grand Prize Drawing. Go to [www.LincolnSafari.com](http://www.LincolnSafari.com) for the Safari Outpost Map. Sites are located:

- Pioneers Park Nature Center
- Iron Horse Park
- Hyde Observatory Holmes Park
- Wyuka Cemetery & Funeral Home
- Veterans Memorial Garden in Antelope Park
- Kontras Park
- Loren Corey Eiseley Library
- Holmes Lake Park
- North Star High School Marsh
- Trendwood Park
- Pioneers Park
- Jamaica North Trailhead
- Lincoln Community Foundation Garden
- Cooper Park
- Sheldon Memorial Art Gallery and Sculpture Garden
- Oak Lake Park
- Lincoln Children's Zoo
- Morill Hall, UNL City Campus
- Nebraska Wesleyan University
- Union College
- Tierra Park
- Lincoln Water System Xerioscape Garden
- Pioneers Park Nature Center
- Stransky Park
- Mahoney Park
- Elliott Elementary School
- University Place Park
- Shoemaker Marsh
- Spring Creek Prairie Audubon Center
- Lower Platte South Natural Resources District Offices
- Antelope Park
- Wilderness Park
- Maxwell Arboretum, UNL
- East Campus
- Pioneers Park
- Game and Parks Commission Perimeter Garden

## Can You Guess It?



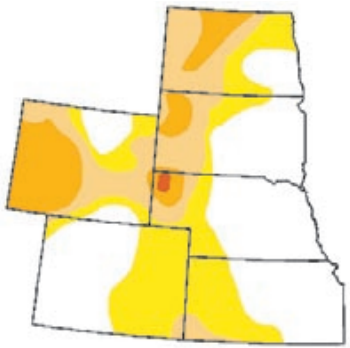
Did you guess it? Find out at <http://lancaster.unl.edu>

Did you guess it from the November/December NEBLINE? The answer was a Chinese Mantid Egg Case.

## U.S. Drought Monitor Map

As of Dec. 11, Lancaster County was not in drought conditions.

Drought Conditions (Percent Area)						
	None	D0-D1	D1-D2	D2-D3	D3-D4	D4
Current	44.8	55.2	29.3	11.9	0.3	0.0
Last Week (12/04/2007 map)	43.4	56.6	29.3	11.9	0.3	0.0
3 Months Ago (09/14/2007 map)	54.0	46.0	21.4	11.3	1.5	0.0
Start of Calendar Year (01/01/2007 map)	26.9	73.1	54.3	32.0	14.3	0.0
Start of Water Year (10/01/2006 map)	55.8	44.2	23.3	10.8	1.0	0.0
One Year Ago (12/12/2006 map)	10.2	89.8	59.7	34.8	15.3	0.2



For the most recent map, visit <http://www.drought.unl.edu/dm>

Source: National Drought Mitigation Center, University of Nebraska-Lincoln

Lancaster County 4-H Teen Council presents its annual...



## OVERNIGHT LOCK-IN for 4th & 5th graders

(need not be enrolled in 4-H)

Jan. 25, 8 p.m. to Jan. 26, 8 a.m.  
Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln

This year's theme is.....

## WINTER ROUND-UP

SLEEP OVER! GAMES! FUN PROJECTS! SNACKS! MOVIES!



Bring your sleeping bag, pillow, toothbrush, toothpaste, active wear, sleepwear (sweats) and a friend interested in 4-H!

Cost \$15/person  
Registrations due by Jan. 22

Sponsored by University of Nebraska-Lincoln Extension in Lancaster County  
For more information, call 441-7180 and ask for Tracy Kulm.

### LOCK-IN REGISTRATION FORM

Make check payable (\$15/participant) to Lancaster County 4-H Teen Council and mail with registration form **BY JAN. 22** to:  
Tracy Kulm, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528

Name of participant(s) \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Parent or Guardian \_\_\_\_\_

Special Needs or Other Information (such as food allergies) \_\_\_\_\_